



Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Cecil County, MD

Guidelines for Recreationally Caught Fish Species in Maryland Fresh, Estuarine, and Marine Waters

Recommended Meal Size: 8 oz or 9 crabs - General Population and Women; 3 oz or 4 crabs - Children

Note: Consumption recommendations based on spacing of meals to avoid elevated exposure levels, fish contaminated

1 **Women** = women of childbearing age (women who are pregnant or may become pregnant, or are nursing)

2 **Children** = all young children up to age 6

♥ = Fish contains more than 1g beneficial fatty acids in a fillet the size of 2 decks of cards

✖ = Fish where all dark meat and/or Belly Fat has been removed, this leads to a reduction in PCB contamination

Contaminant present in fish: * Mercury Δ PCBs + Pesticides ♦ PFOS

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Atlantic Croaker	Upper Chesapeake Bay and Tributaries	Δ	4	4
American Eel	Elk River	Δ	Avoid	Avoid
	Northeast River	Δ	1	1
	Susquehanna River - Below Conowingo Dam	Δ	Avoid	Avoid
Blue Crab	Back River, Middle River or Patapsco River	Δ	6	5
	Other Areas of the Bay	Δ	No Limit	No Limit
Blue Crab "Mustard"	Back River, Middle River or Patapsco River	Δ	Avoid	Avoid
	Other Areas of the Bay	Δ	Eat Sparingly	Eat Sparingly
Brown Bullhead	Elk River	Δ	2	2
	Northeast River	Δ	1	1
	Susquehanna River - Below Conowingo Dam	Δ	1	1
Channel Catfish	Bohemia River	Δ	1 every other month	1 every other month
	C & D Canal	Δ	1 every other month	1 every other month
	Elk River	Δ	1	1
	Northeast River	Δ	2	2
	Sassafras River	Δ	2	2
	Susquehanna River - Above Conowingo Dam	Δ	1	1
	Susquehanna River - Below Conowingo Dam	Δ	Avoid	Avoid
Flathead Catfish	Susquehanna River - Above Conowingo Dam - All Meat	All sizes	Δ	1
	Susquehanna River - Above Conowingo Dam - (No Dark Meat or Belly Fat)	< 22" * ✖	No Limit	No Limit
	Conowingo Dam - (No Dark Meat or Belly Fat)	22" - 28" * ✖	7	6
		> 28" * ✖	7	6
	Susquehanna River - Below Conowingo Dam - All Meat	All sizes	Δ	1
	Susquehanna River - Below Conowingo Dam - (No Dark Meat or Belly Fat)	< 22" * ✖	No Limit	No Limit
	Conowingo Dam - (No Dark Meat or Belly Fat)	22" - 28" * ✖	7	6
		> 28" * ✖	7	6
Large and Smallmouth Bass	Northeast River	◊	2	1
	Stemmers Lake	Δ	No Limit	No Limit
	Susquehanna River - Above Conowingo Dam	◊	1	1
	Susquehanna River - Below Conowingo Dam	◊	No Limit	No Limit
Northern Snakehead	Anacostia River	Δ	3	3
	Bush River	◊	2	2
	Mattawoman Creek	◊	1 every other month	1 every other month
	Nanticoke River: Marshy Hope Creek	Δ	No Limit	No Limit
	Potomac - 301 Bridge to DC Line	Δ	3	3
	Susquehanna River - Below Conowingo Dam	◊	No Limit	No Limit



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Species	Waterbody	Recommended Meals/Month			
		General Population	Women ¹	Children ²	
Rainbow Trout and Golden Rainbow Trout (Hatchery Raised)	All Hatchery Raised fish stocked in Anne Arundel County, Allegany County, Baltimore City, Baltimore County, Calvert County, Carroll County, Caroline County, Cecil County, Charles County, Frederick County, Garrett County, Harford County, Howard County, Queen Anne's County, Montgomery County, Prince George's County, Washington County, Wicomico County, and Worcester County	Δ	No Limit	No Limit	No Limit
<p>**For more information on put-and-take fish see https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas</p> <p>**For more information on Special Management Areas-Trout see https://www.eregulations.com/maryland/fishing/special-management-areas-trout</p>					
Spot ♥	Bohemia River	Δ	5	5	4
	Elk River	Δ	5	5	4
	Sassafras River	Δ	5	5	4
	Upper Chesapeake Bay and Tributaries	◊	3	3	2
Striped Bass (Rockfish) ♥	Susquehanna River - Below Conowingo Dam	< 28" ◊	3	2	1
	Upper Chesapeake Bay and Tributaries	< 28" ◊ ✖	7	6	4
		< 28" Δ	3	3	2
		> 28" ◊ ✖	7	6	4
		> 28" Δ	1	1	1 every other month
Sunfish (including Bluegill)	C & D Canal	◊	4	4	2
	Susquehanna River - Below Conowingo Dam	Δ	No Limit	No Limit	No Limit
White Perch	Bohemia River	Δ	2	2	1
	C & D Canal	Δ	4	4	2
	Elk River	◊	7	6	3
	Northeast River	Δ	3	2	1
	Sassafras River	Δ	2	2	2
Yellow Perch	Elk River	Δ	1 every other month	1 every other month	1 every other month
	Susquehanna River - Below Conowingo Dam	Δ	No Limit	No Limit	No Limit