

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Garrett County, MD

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

**Recommended Meal Size: 7 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

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

Contaminant present in fish: \* Mercury    Δ PCBs    + Pesticides

Species	Waterbody	Recommended Meals/Month		
		General Population	Women <sup>1</sup>	Children <sup>2</sup>
Black Crappie	Youghiogheny River Lake *	4	3	2
Chain Pickerel	Deep Creek Lake *	6	5	3
Channel Catfish	Jennings Randolph Reservoir *	4	4	4
Large and Smallmouth Bass ♥	Broadford Lake *	3	3	2
	Deep Creek Lake *	2	2	1
	Jennings Randolph Reservoir *	4	4	2
	North Branch of Potomac River from Old Town to Jennings Randolph *	5	5	3
	Piney Reservoir *	2	2	1 every other month
	Savage Reservoir *	1	1	1
	Youghiogheny River Lake *	3	3	2
Rock Bass ♥	Jennings Randolph Reservoir *	7	6	4
	North Branch of Potomac River from Old Town to Jennings Randolph *	8	7	4
	Savage Reservoir *	1	1	1 every other month
Sunfish (including Bluegill)	Broadford Lake *	No Limit	No Limit	6
	Piney Reservoir *	No Limit	No Limit	8
Walleye	Deep Creek Lake *	3	3	2
	Jennings Randolph Reservoir *	4	4	2
	North Branch of Potomac River from Old Town to Jennings Randolph *	2	2	1
	Savage Reservoir *	1 every other month	1 every other month	<b>Avoid</b>
	Youghiogheny River Lake *	2	2	1

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		General Population	Women <sup>1</sup>	Children <sup>2</sup>
Yellow Bullhead Catfish	Savage Reservoir *	2	1	1 every other month
	Youghiogheny River Lake *	No Limit	No Limit	7
Yellow Perch	Deep Creek Lake *	3	3	2
	Youghiogheny River Lake *	6	6	3