



Maryland Fish Consumption Advisories

for Recreationally Caught Fish in St. Mary's 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	Lower Chesapeake Bay and Tributaries	Δ	4	4	
American Eel	Lower Patuxent River	Δ	3	3	
Black Sea Bass	Lower Chesapeake Bay and Tributaries	◊	2	1	
Blue Catfish	Lower Patuxent River	15" - 24"	Δ	3	
	Potomac: Mouth to 301	12" - 15"	Δ	4	
		15" - 24"	Δ	2	
		24" - 30"	Δ	1	
		> 30"	Δ	Avoid	
		> 30" Δ ✖	2	1	
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	
Channel Catfish	Lower Patuxent River	Δ	2	2	
Large and Smallmouth Bass ♥	Lower Patuxent River	Δ	No Limit	No Limit	
	St. Mary's River	Δ	2	1	
Northern Snakehead	Lower Patuxent River	*	No Limit	No Limit	
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	
	**For more information on put-and-take fish see https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas				
	**For more information on Special Management Areas-Trout see https://www.eregulations.com/maryland/fishing/special-management-areas-trout				
Silver Perch	St. Mary's River	◊	7	6	
Spot ♥	Lower Chesapeake Bay and Tributaries	◊	3	3	
	Lower Patuxent River	Δ	No Limit	No Limit	
	Potomac: Mouth to 301	Δ	5	5	
	St. Mary's River	Δ	5	4	
	Lower Chesapeake Bay and Tributaries	< 28" Δ ✖	No Limit	No Limit	
Striped Bass (Rockfish) ♥		< 28" Δ	3	3	
		> 28" Δ ✖	No Limit	No Limit	
		> 28" Δ	1	1	
				1 every other month	
Sunfish (including Bluegill)	Lower Patuxent River	Δ	No Limit	No Limit	
	Potomac River: Mouth to 301	◊	1	1 every other month	



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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
White Perch	Potomac: Mouth to 301	Δ	6	6
Yellow Bullhead	Lower Patuxent River	Δ	5	4