

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Wicomico 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

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>
Blue Crab	Chesapeake Bay and Tributaries Δ	No Limit	No Limit	No Limit
Blue Crab "Mustard"	Chesapeake Bay and Tributaries Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Brown Bullhead Catfish	Wicomico River Δ	7	7	6
Channel Catfish	Nanticoke River Δ	1 every other month	1 every other month	1 every other month
	Pocomoke River Δ *	3	3	3
	Rewastico Creek Δ	4	4	3
	Wicomico River Δ	2	2	1
Large and Smallmouth Bass ♥	Johnson's Pond *	7	6	4
Spot ♥	Chesapeake Bay and Tributaries Δ	5	5	4
	Nanticoke River Δ	5	5	4
	Pocomoke River Δ	5	5	4
	Wicomico River Δ	5	5	4
Striped Bass (Rockfish) ♥	Chesapeake Bay and Tributaries < 28" Δ ✘	No Limit	No Limit	7
	< 28" Δ	3	3	2
	> 28" Δ ✘	No Limit	No Limit	5
	> 28" Δ	1	1	1 every other month
White Catfish	Nanticoke River Δ	2	2	2
White Perch	Nanticoke River Δ	8	8	7
	Pocomoke River Δ *	5	5	5
	Wicomico River Δ	No Limit	No Limit	8