

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in The Potomac River - 301 Bridge to the DC Line/Tidal and Non-Tidals waters of Piscataway Creek

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	
American Eel	 Potomac River - 301 Bridge to DC Line Δ	1 every other month	1 every other month	1 every other month	
Blue Catfish	 Potomac River - 301 Bridge to DC Line:	12" - 15" Δ	4	4	4
		15" - 24" Δ	4	3	2
		24" - 30" Δ	1	1	1 every other month
		> 30" Δ	Avoid	Avoid	Avoid
		> 30" Δ ✘	2	2	1
Blue Crab	 Δ	6	6	5	
Blue Crab "Mustard"	 Δ	Avoid	Avoid	Avoid	
Channel Catfish	 Potomac River - 301 Bridge to DC Line - < 18" Δ	1 every other month	1 every other month	Avoid	
		Potomac River - 301 Bridge to DC Line - > 18" Δ	Avoid	Avoid	Avoid
Common Carp	 Potomac - 301 Bridge to DC Line Δ	Avoid	Avoid	Avoid	
Large and Smallmouth Bass ♥	 Potomac River - 301 Bridge to DC Line ◇	3	2	1	
		Tidal headwaters of Piscataway Creek ◇	Avoid	Avoid	Avoid
Northern Snakehead	 Potomac - 301 Bridge to DC Line Δ	3	3	3	
Rainbow Trout and Golden Rainbow Trout (Hatchery Raised)	 Δ	No Limit	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					
Striped Bass (Rockfish) ♥	 Potomac River - 301 Bridge to DC Line - < 28" ◇	5	5	3	

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Sunfish (including Bluegill)	 Non-Tidal Piscataway Creek ◇	Avoid	Avoid	Avoid
	Potomac - 301 Bridge to DC Line Δ	2	2	2
White Catfish	 Potomac - 301 Bridge to DC Line Δ	Avoid	Avoid	Avoid
White Perch	 Potomac - 301 Bridge to DC Line ◇	3	2	1
Yellow Bullhead	 Non-Tidal Piscataway Creek ◇	1	1	1 every other month