

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Kent 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 ◇ PFOS

Species	Waterbody		Recommended Meals/Month			
			General Population	Women <sup>1</sup>	Children <sup>2</sup>	
Atlantic Croaker	Mid Bay: Patapsco to Upper Patuxent and	Δ	4	4	4	
	Upper Chesapeake Bay and Tributaries	Δ	4	4	4	
Black Crappie	Millington Wildlife Management Area	*	4	4	2	
Blue Crab	Back River, Middle River or Patapsco River	Δ	6	6	5	
	Other Areas of the Bay	Δ	No Limit	No Limit	No Limit	
Blue Crab "Mustard"	Back River, Middle River or Patapsco River	Δ	Avoid	Avoid	Avoid	
	Other Areas of the Bay	Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly	
Brown Bullhead	Chester River	Δ	No Limit	No Limit	8	
	Mid Bay: Middle to Patapsco	Δ	5	5	5	
Channel Catfish	Chester River	< 20"	Δ	6	5	3
		> 20"	Δ	1	1	1
	Sassafras River	Δ	2	2	1	
Large and Smallmouth Bass ♥	Millington Wildlife Management Area	*	3	3	2	
	Urieville Community Lake	*	No Limit	No Limit	8	
Rainbow Trout and Golden Rainbow Trout (Hatchery Raised)	All Hatchery Raised fish stocked in Anne Arundel County, Baltimore City, Baltimore County, Calvert County, Carroll County, Caroline County, Cecil County, Charles County, Frederick 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	
**For more information on put-and-take fish see <a href="https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas">https://www.eregulations.com/maryland/fishing/put-and-take-trout-fishing-areas</a> **For more information on Special Management Areas-Trout see <a href="https://www.eregulations.com/maryland/fishing/special-management-areas-trout">https://www.eregulations.com/maryland/fishing/special-management-areas-trout</a>						
Spot ♥	Chester River	Δ	5	5	4	
	Mid Bay: Middle to Patapsco	◇	2	2	1	
	Mid Bay: Patapsco to Upper Patuxent and	◇	3	3	2	
	Sassafras River	Δ	5	5	4	
	Upper Chesapeake Bay and Tributaries	◇	3	3	2	

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			General Population	Women <sup>1</sup>	Children <sup>2</sup>
Striped Bass (Rockfish) ♥	Mid Bay: Patapsco to Upper Patuxent 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
	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)	Millington Wildlife Management Area	*	No Limit	No Limit	5
White Catfish	Chester River	Δ	8	7	4
	Mid Bay: Middle to Patapsco	Δ ◇	6	5	4 ◇
White Perch	Chester River	◇	6	5	3
	Mid Bay: Middle to Patapsco	Δ	5	4	2
	Sassafras River	Δ	2	2	2
Yellow Perch	Chester River	Δ	No Limit	No Limit	No Limit