

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Somerset 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 ¹	Children ²
Atlantic Croaker	Lower Chesapeake Bay and Tributaries	Δ	4	4	4
Black Sea Bass	Lower Chesapeake Bay and Tributaries	◇	2	2	1
Blue Catfish	Nanticoke River	15" - 24" Δ	No Limit	No Limit	7
	Nanticoke River: Marshy Hope Creek	15" - 24" Δ	No Limit	No Limit	7
	Wicomico River	15" - 24" Δ	No Limit	No Limit	6
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	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
	Nanticoke River: Marshy Hope Creek	◇	No Limit	8	4
Northern Snakehead	Nanticoke River: Marshy Hope Creek	Δ	No Limit	No Limit	8

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
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 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			
Spot ♥	Lower Chesapeake Bay and Tributaries ◇	3	3	2
	Nanticoke River Δ	5	5	4
	Pocomoke River Δ	5	5	4
	Wicomico River Δ	5	5	4
Striped Bass (Rockfish) ♥	Lower 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
	Nanticoke River: Marshy Hope Creek < 28" ◇	No Limit	No Limit	No Limit
White Catfish	Nanticoke River Δ	2	2	2
White Perch	Nanticoke River Δ	8	8	7
	Pocomoke River Δ *	5	5	5
	Wicomico River ◇	4	3	2