

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Cecil 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>
American Eel	Elk River Δ	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
	Northeast River Δ	1	1	1 every other month
	Susquehanna River - Below Conowingo Dam Δ	3	3	3
Blue Crab	Chesapeake Bay and Tributaries Δ	<b>No Limit</b>	<b>No Limit</b>	<b>No Limit</b>
Blue Crab "Mustard"	Chesapeake Bay and Tributaries Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Brown Bullhead Catfish	Elk River Δ	2	2	2
	Northeast River Δ	1	1	1
	Susquehanna River - Below Conowingo Dam Δ	1	1	1 every other month
Channel Catfish	C & D Canal Δ	1 every other month	1 every other month	<b>Avoid</b>
	Elk River Δ	2	2	1 every other month
	Northeast River Δ	1 every other month	1 every other month	1 every other month
	Sassafras River Δ	2	2	1
	Susquehanna River - Above Conowingo Dam Δ	1	1	1
	Susquehanna River - Below Conowingo Dam Δ	<b>Avoid</b>	<b>Avoid</b>	<b>Avoid</b>
Flathead Catfish	Susquehanna River - Above Conowingo Dam Δ	1	1	1
Large and Smallmouth Bass ♥	Northeast River Δ	5	5	4
	Stemmers Lake Δ	<b>No Limit</b>	<b>No Limit</b>	8
	Susquehanna River - Above Conowingo Dam Δ	2	2	2
	Susquehanna River - Below Conowingo Dam Δ	1	1	1
Spot ♥	Bohemia River Δ	5	5	4
	Chesapeake Bay and Tributaries Δ	5	5	4
	Elk River Δ	5	5	4
	Northeast River Δ	5	5	4
	Sassafras River Δ	5	5	4

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Species	Waterbody		Recommended Meals/Month		
			General Population	Women <sup>1</sup>	Children <sup>2</sup>
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
Sunfish (including	Susquehanna River - Above Conowingo Dam	Δ	6	6	5
White Perch	Bohemia River	Δ	2	2	1
	C & D Canal	Δ	4	4	2
	Elk River	Δ	No Limit	8	5
	Northeast River	Δ	3	3	2
	Sassafras River	Δ	2	2	2
Yellow Perch	Elk River	Δ	1 every other month	1 every other month	1 every other month
	Susquehanna River - Below Conowingo Dam	Δ	2	2	2