

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Worcester 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 ¹	Children ²
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
Bluefish < 15"	Atlantic Ocean	Δ	2	2	2
Bluefish > or equal to 15"	Atlantic Ocean	Δ	Avoid	Avoid	Avoid
Channel Catfish	Pocomoke River	Δ *	3	3	3
Silver Perch	Maryland's Atlantic Coastal Waters	Δ	No Limit	No Limit	No Limit
Spot ♥	Pocomoke River	Δ	5	5	4
Striped Bass (Rockfish) ♥	Atlantic Ocean	< 28" Δ	1	1	1 every other month
		> 28" Δ	1	1	1 every other month *
	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 Perch	Maryland's Atlantic Coastal Waters	Δ	No Limit	No Limit	8
	Pocomoke River	Δ *	5	5	5