

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 ¹	Children ²
American Eel	Elk River Δ	Avoid	Avoid	Avoid
	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	No Limit	No Limit	No Limit
Blue Crab "Mustard"	Chesapeake Bay and Tributaries Δ	Eat Sparingly	Eat Sparingly	Eat Sparingly
Brown Bullhead	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	Avoid
	Elk River Δ	1	1	1
	Northeast River Δ	2	2	1
	Sassafras River Δ	2	2	1
	Susquehanna River - Above Conowingo Dam Δ	1	1	1
	Susquehanna River - Below Conowingo Dam Δ	Avoid	Avoid	Avoid
Flathead Catfish	Susquehanna River - Above Conowingo Dam - All Meat All sizes Δ	1	1	1
	Susquehanna River - Above Conowingo Dam - (No Dark Meat or Belly Fat) < 22" * ✕	No Limit	No Limit	6
	22" - 28" * ✕	7	6	3
	> 28" * ✕	7	6	4
	Susquehanna River - Below Conowingo Dam - All Meat All sizes Δ	1	1	1
	Susquehanna River - Below Conowingo Dam - (No Dark Meat or Belly Fat) < 22" * ✕	No Limit	No Limit	6
22" - 28" * ✕	7	6	3	
> 28" * ✕	7	6	4	
Large and Smallmouth Bass ♥	Northeast River Δ	5	5	4
	Stemmers Lake Δ	No Limit	No Limit	8
	Susquehanna River - Above Conowingo Dam Δ	2	2	2
	Susquehanna River - Below Conowingo Dam Δ	No Limit	No Limit	7

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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 ♥	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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			General Population	Women ¹	Children ²
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 Bluegill)	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	2	1
	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	No Limit	No Limit	No Limit