

# Maryland Fish Consumption Advisories

## for Recreationally Caught Fish in Charles 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 ◇ PFAS/PFOS

Species	Waterbody	Recommended Meals/Month			
		General Population	Women <sup>1</sup>	Children <sup>2</sup>	
American Eel	Patuxent River Δ	3	3	3	
	Potomac - 301 Bridge to DC Line Δ	1 every other month	1 every other month	1 every other month	
Blue Catfish	Patuxent River 15" - 24" Δ	No Limit	No Limit	6	
	Potomac - 301 Bridge to DC Line Δ	12" - 15"	4	4	4
		15" - 24"	4	3	2
	24" - 30" Δ	1	1	1 every other month	
		> 30" Δ	Avoid	Avoid	Avoid
	> 30" Δ ✘	2	2	1	
		Potomac: Mouth to 301 Δ	4	4	4
	12" - 15" Δ	2	2	1	
		24" - 30" Δ	1	1	1 every other month
	> 30" Δ		Avoid	Avoid	Avoid
> 30" Δ ✘		2	2	1	
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	
Channel Catfish	Patuxent River Δ	2	2	1	
	Potomac - 301 Bridge to DC Line Δ	1 every other month	1 every other month	Avoid	
		> 18" Δ	Avoid	Avoid	Avoid
Common Carp	Potomac - 301 Bridge to DC Line Δ	Avoid	Avoid	Avoid	
Large and Smallmouth Bass ♥	Myrtle Grove Lake *	No Limit	No Limit	8	
	Patuxent River Δ	No Limit	No Limit	No Limit	
	Tidal headwaters of Piscataway Creek ◇	3	3	2	
	Potomac River - 301 Bridge to DC Line Δ	6	6	5	
Northern Snakehead	Potomac - 301 Bridge to DC Line Δ	3	3	3	

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		General Population	Women <sup>1</sup>	Children <sup>2</sup>
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 ♥	Chesapeake Bay and Tributaries Δ	5	5	4
	Patuxent River Δ	5	5	4
	Potomac: Mouth to 301 Δ	5	5	4
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)	Keys Community Park Pond *	No Limit	No Limit	No Limit
	Non-Tidal Piscataway Creek ◇	1	1	1
	Patuxent River Δ	No Limit	No Limit	7
	Potomac - 301 Bridge to DC Line Δ	2	2	2
White Catfish	Potomac - 301 Bridge to DC Line Δ	Avoid	Avoid	Avoid
White Perch	Patuxent River Δ	No Limit	No Limit	No Limit
	Potomac - 301 Bridge to DC Line Δ	8	7	4
	Potomac: Mouth to 301 Δ	6	6	6
Yellow Bullhead	Patuxent River Δ	5	5	4
	Non-Tidal Piscataway Creek ◇	No Limit	No Limit	7