

Maryland Fish Consumption Advisories

for Recreationally Caught Fish in Washington 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
Black Crappie	Potomac River - Dam #4 to Dam #5	*	3	3	3
Brown Trout	Antietam	Δ	3	3	2
Channel Catfish	Conococheague	Δ	5	4	2
	Potomac River - Dam #4 to Dam #5	*	5	4	2
	Potomac River - Near Hancock	*	No Limit	No Limit	8
	Potomac: Dam #3 to Dam #4	*	5	4	2
Large and Smallmouth Bass ♥	Big Pool, Washington County	*	3	3	2
	Blair Valley Lake	*	6	5	3
	Conococheague	*	4	4	2
	Potomac River - Dam #4 to Dam #5	*	5	4	3
	Potomac River - Dam #3 to Dam #4	*	3	3	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					
Rock Bass ♥	Antietam	Δ	No Limit	No Limit	8
	Big Pool, Washington County	Δ	No Limit	No Limit	No Limit
	Conococheague	Δ *	No Limit	No Limit	7

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Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
Sunfish (including Bluegill)	Antietam Δ *	No Limit	No Limit	6
	Big Pool, Washington County Δ	No Limit	No Limit	No Limit
	Potomac River - Dam #4 to Dam #5 *	No Limit	No Limit	5
	Potomac River - DC line to Dam #3 Δ	No Limit	No Limit	8
Walleye	Potomac River - Dam #4 to Dam #5 *	4	4	2
White Sucker	Antietam *	No Limit	8	5