

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 Catfish	Wicomico River	15" - 24" Δ	No Limit	No Limit	No Limit	
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	Wicomico River	Δ	7	7	6	
Channel Catfish	Pocomoke River	Δ *	3	3	3	
	Wicomico River	Δ	2	2	1	
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		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 ♥	Chesapeake Bay and Tributaries	Δ	5	5	4	
	Pocomoke River	Δ	5	5	4	
	Wicomico River	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		
White Perch	Pocomoke River	Δ *	5	5	5	
	Wicomico River	Δ	No Limit	No Limit	No Limit	