

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 ◇ PFOS

Species	Waterbody	Recommended Meals/Month		
		General Population	Women ¹	Children ²
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
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			
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
	Atlantic Ocean > 28" Δ	1	1	1 every other month *
White Perch	Pocomoke River Δ *	5	5	5