

# Mercury in Fish



A Guide to Healthy Fish  
Consumption in Oklahoma



# What You Need to Know about Eating Fish Caught in Oklahoma's Lakes

Fishing is a great pastime and tradition in Oklahoma. Fish provide many benefits that are essential for a healthy diet; however, some fish pose a higher risk of mercury contamination. The Oklahoma Department of Environmental Quality (DEQ) encourages Oklahomans to go fishing and enjoy eating the fish they catch. Just keep in mind that not all fish should be eaten in unlimited amounts. By following these guidelines, you can make safe, informed choices for you and your family and still enjoy the sport of fishing.

## Source of the Problem

Mercury is an element that is released to the atmosphere through man-made (mining, manufacturing processes, coal-fired utilities, or industries) or natural processes (volcanoes or weathering of rocks). It falls out of the air by sticking to dust particles or gets washed out by rain or snow and then runs off into streams and lakes. When moving through the environment, mercury goes through a series of complex changes (see illustration on page 6). When these changes occur in lake and river sediments, some of the mercury can be converted to an organic form – methyl mercury. Methyl mercury enters the food chain and accumulates most readily in predator species of fish. It can then be passed to people who eat these fish.

## Catching Fish

Since mercury accumulates differently in each body of water, it is impossible to visually determine whether fish in a lake, pond, or stream are safe to eat without testing them. It is important to read DEQ's fish consumption guidelines before going out to fish. To reduce health risks, follow these guidelines:

- Eat smaller, younger fish
- Eat varieties of fish that don't feed on other fish

DEQ is in the process of testing lakes in the state; however, it will not be possible to test every species of fish in every body of water.

## Advisory Information

Fish from the following lakes have been tested and some species and size ranges have mercury levels high enough that consumption should be limited. Only fish in the size ranges indicated have high mercury levels. However, fish smaller than the indicated sizes or other species are safe to eat without excessive exposure to mercury.

**NOTE:** Meal size equals 8 ounces (proportionally smaller for children).

The following pages describe what are safe guidelines for consuming fish caught in Oklahoma lakes. Guidelines for each fish listed are divided into two categories:

**Sensitive Population:** Women of child bearing age, pregnant or nursing mothers, and children up to age 15

**General Population:** Males age 15 and older and women past childbearing age

Advisories are based on consumption amounts of:

**Two meals per month:** Consume no more than 2 meals per month of fish in the size ranges listed. Fish smaller than the size ranges listed have no consumption restrictions.

**No meals per month:** Do not consume fish within the size ranges listed.

**DO NOT EAT:** All size ranges, both large and small, have mercury levels which make them unsafe to eat.

**No restriction:** These fish have lower levels of mercury and can be eaten often safely.

### If a lake or species has not been tested then follow this advice:

#### Advice for the General Population:

Since women beyond childbearing age and men older than 15 years of age are at less risk for the effects of mercury, these groups may continue to eat a variety of fish, including predators, as part of a healthy diet unless specifically advised otherwise.

#### Advice for the Sensitive Population:

Women of child-bearing age and children up to the age of 15 should consume no more than 1 meal per week of predator fish. Predator fish include largemouth, smallmouth, spotted, white, striped, or hybrid bass, walleye, saugeye, and flathead catfish.

## Recommendations

The Good News: Fish provide many healthy benefits. Fish are a good source of protein, high in omega-3 fatty acids, high in vitamins and minerals, and low in fat.

The fish in these Oklahoma lakes have been tested and have lower levels of mercury. Fish from these lakes can be eaten often without excessive exposure to mercury.

- Copan Reservoir
- Ft. Gibson Reservoir
- Grand Lake
- Guthrie City Lake
- Hulah Reservoir
- Lake Arbuckle
- Lake Arcadia
- Lake Eucha
- Lake Lawtonka
- Lake Fuqua
- Lake Hudson
- Lake Konawa
- Lake Murray
- Lake Oolagah
- Lake Ponca
- Lake Raymond Gary
- Lake Spavinaw
- Lake Talawanda #1
- Lake Tenkiller
- Lake Texoma
- Lake Thunderbird
- New Spiro Lake
- Robert S. Kerr Reservoir
- Sooner Lake
- Tom Steed Reservoir
- Wes Watkins Reservoir
- Zoo Lake (Oklahoma City)

If your lake is not included in the list above or in the following pages, DEQ may be testing it soon and updates will be issued.

### Your Drinking Water is Safe:

The amount of mercury found in fish does not affect water quality. Lake recreation and the consumption of your city's drinking water are both safe activities.

### Contact Information:

For more information, call (866) 412-3057 or email: [fishadvisory@deq.ok.gov](mailto:fishadvisory@deq.ok.gov) and visit DEQ's Fish Consumption Web site at: [www.deq.state.ok.us/fish/](http://www.deq.state.ok.us/fish/)

# Mercury Cycle



## Atoka Lake

### Largemouth Bass:

Sensitive Population:	● No restriction under 16 inches
	● Two meals per month for 16 inches and over
General Population:	● No restriction

### Spotted Bass:

Sensitive Population:	● No restriction under 13 inches
	● Two meals per month 13-17 inches
	● No meals per month 17 inches and over
General Population:	● No restriction under 17 inches
	● Two meals per month 17 inches and over

The following fish were sampled and found to be safe for consumption:  
Blue Catfish, Bluegill Sunfish, Channel Catfish, White Bass, White Crappie

## Boomer Lake

### Largemouth Bass:

Sensitive Population:	● No restriction under 16 inches
	● Two meals per month 16-19 inches
	● No meals per month 19 inches and over
General Population:	● No restriction under 19 inches
	● Two meals per month 19 inches and over

The following fish were sampled and found to be safe for consumption:  
Channel Catfish, Common Carp, Redear Sunfish, White Crappie

## Broken Bow Reservoir

### Flathead Catfish:

Sensitive Population:	● No restriction under 17 inches
	● Two meals per month 17-19 inches
	● No meals per month 19 inches and over
General Population:	● No restriction under 19 inches
	● Two meals per month 19-21 inches
	● No meals per month 21 inches and over

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# Broken Bow Reservoir continued...

## Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 11 inches</li><li>● Two meals per month 11-20 inches</li><li>● No meals per month 20 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 20 inches</li><li>● Two meals per month 20 inches and over</li></ul>

## Smallmouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 11 inches</li><li>● Two meals per month 11-16 inches</li><li>● No meals per month 16 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 16 inches</li><li>● Two meals per month 16 inches and over</li></ul>

## Spotted Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 11 inches</li><li>● Two meals per month 11-16 inches</li><li>● No meals per month 16 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 16 inches</li><li>● Two meals per month 16 inches and over</li></ul>

## Striped/Hybrid Bass:

Sensitive Population:	● DO NOT EAT
General Population:	● DO NOT EAT

## Walleye:

Sensitive Population:	● DO NOT EAT
General Population:	<ul style="list-style-type: none"><li>● No restriction under 14 inches</li><li>● Two meals per month 14-18 inches</li><li>● No meals per month 18 inches and over</li></ul>

## White Bass:

Sensitive Population:	● DO NOT EAT
General Population:	<ul style="list-style-type: none"><li>● No restriction under 12 inches</li><li>● Two meals per month 12 inches and over</li></ul>



## Broken Bow Reservoir continued...

The following fish were sampled and found to be safe for consumption:  
Black Crappie, Bluegill Sunfish, Channel Catfish, Common Carp, White Crappie

## Canton Lake

Largemouth Bass: 

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 16 inches</li><li>● Two meals per month 16 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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White Bass: 

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 15 inches</li><li>● Two meals per month 15 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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The following fish were sampled and found to be safe for consumption:  
Channel Catfish, Common Carp, River Carpsucker, Smallmouth Buffalo

## Carlton Lake

Largemouth Bass: 

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 14 inches</li><li>● Two meals per month 14-20 inches</li><li>● No meal per month 20 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction under 20 inches</li><li>● Two meals per month 20 inches and over</li></ul>
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The following fish were sampled and found to be safe for consumption:  
Channel Catfish, White Crappie

## Cedar Lake

Largemouth Bass: 

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 14 inches</li><li>● Two meals per month 14 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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The following fish were sampled and found to be safe for consumption:  
Channel Catfish, White Crappie

## Clayton Lake

### Black Crappie:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 9 inches</li><li>● Two meals per month 9 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 12 inches</li><li>● Two meals per month 12-17 inches</li><li>● No meals per month 17 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 17 inches</li><li>● Two meals per month 17-20 inches</li><li>● No meals per month 20 inches and over</li></ul>

The following fish were sampled and found to be safe for consumption:  
Channel Catfish

## Coalgate City Lake

### Flathead Catfish:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 20 inches</li><li>● Two meals per month 20-30 inches</li><li>● No meals per month 30 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 30 inches</li><li>● Two meals per month 30 inches and over</li></ul>




### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 14 inches</li><li>● Two meals per month 14-20 inches</li><li>● No meals per month 20 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 20 inches</li><li>● Two meals per month 20 inches and over</li></ul>




The following fish were sampled and found to be safe for consumption:  
Channel Catfish, Warmouth Sunfish, White Crappie

## Draper Lake

### Largemouth Bass:

Sensitive Population:	 No restriction under 14 inches
	 Two meals per month 14 inches and over
General Population:	 No restriction




### Spotted Bass:

Sensitive Population:	 No restriction under 14 inches
	 Two meals per month 14 inches and over
General Population:	 No restriction

The following fish were sampled and found to be safe for consumption:  
Bluegill Sunfish, Channel Catfish, Redear Sunfish, White Bass

## Dripping Springs Lake




### Largemouth Bass:

Sensitive Population:	 No restriction under 15 inches
	 Two meals per month 15 inches and over
General Population:	 No restriction

No other fish were sampled in this lake

## Elmer Thomas Lake




### Largemouth Bass:

Sensitive Population:	 No restriction under 15 inches
	 Two meals per month 15 inches and over
General Population:	 No restriction

The following fish were sampled and found to be safe for consumption:  
Black Crappie, Bluegill Sunfish, Green Sunfish, Redear Sunfish

## Ft. Supply Reservoir




### Largemouth Bass:

Sensitive Population:	 No restriction under 17 inches
	 Two meals per month 17 inches and over
General Population:	 No restriction




The following fish were sampled and found to be safe for consumption:  
Bluegill Sunfish, Channel Catfish, Flathead Catfish, White Bass, White Crappie

## Hugo Lake




### Black Crappie:

Sensitive Population:	 No restriction under 10 inches
	 Two meals per month 10 inches and over
General Population:	 No restriction




### Blue Catfish:

Sensitive Population:	 No restriction under 23 inches
	 Two meals per month 23 inches and over
General Population:	 No restriction




### Flathead Catfish:

Sensitive Population:	 No restriction under 19 inches
	 Two meals per month 19 inches and over
General Population:	 No restriction

### Largemouth Bass:

Sensitive Population:	 No restriction under 15 inches
	 Two meals per month 15 inches and over
General Population:	 No restriction




### White Bass:

Sensitive Population:	 No restriction under 12 inches
	 Two meals per month 12 inches and over
General Population:	 No restriction




The following fish were sampled and found to be safe for consumption:  
Channel Catfish, Common Carp, Green Sunfish, Smallmouth Buffalo, White Crappie

## Kaw Reservoir

### Largemouth Bass:

Sensitive Population:	 No restriction under 16 inches
	 Two meals per month 16 inches and over
General Population:	 No restriction




### Spotted Bass:

Sensitive Population:	 No restriction under 14 inches
	 Two meals per month 14 inches and over
General Population:	 No restriction






The following fish were sampled and found to be safe for consumption:  
Blue Catfish, Smallmouth Buffalo, White Bass

## Lake Carl Albert

### Black Crappie:

Sensitive Population:	 No restriction under 13 inches
	 Two meals per month 13 inches and over
General Population:	 No restriction




### Largemouth Bass:

Sensitive Population:	 No restriction under 14 inches
	 Two meals per month 14 to 20 inches
	 No meals 20 inches and over
General Population:	 No restriction under 20 inches
	 Two meals per month 20 inches and over

The following fish were sampled and found to be safe for consumption:  
Channel Catfish

## Lake Carl Blackwell

### Largemouth Bass:

Sensitive Population:	 No restriction under 17 inches
	 Two meals per month 17 inches and over
General Population:	 No restriction

The following fish were sampled and found to be safe for consumption:  
Channel Catfish, Saugeye, Smallmouth Bass, White Crappie

## Lake Eufaula

### Blue Catfish:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 25 inches</li><li>● Two meals per month 25 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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### Channel Catfish:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 20 inches</li><li>● Two meals per month 20 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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### Flathead Catfish:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 24 inches</li><li>● Two meals per month 24 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 15 inches</li><li>● Two meals per month 15 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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### Spotted Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 13 inches</li><li>● Two meals per month 13 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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### White Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 16 inches</li><li>● Two meals per month 16 inches and over</li></ul>
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General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>
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The following fish were sampled and found to be safe for consumption:

Black Crappie, Bluegill Sunfish, Common Carp, Redear Sunfish, Smallmouth Bass, Smallmouth Buffalo, White Crappie

## Lake Heyburn

### Bluegill Sunfish:

Sensitive Population:	● No restriction under 7 inches
	● Two meals per month 7 inches and over
General Population:	● No restriction

### Channel Catfish:

Sensitive Population:	● No restriction under 13 inches
	● Two meals per month 13-18 inches
	● No meals per month 18 inches and over
General Population:	● No restriction under 18 inches
	● Two meals per month 18-25 inches
	● No meals 25 inches and over

### Largemouth Bass:

Sensitive Population:	● No restriction under 11 inches
	● Two meals per month 11-15 inches
	● No meals per month 15 inches and over
General Population:	● No restriction under 15 inches
	● Two meals per month 15-18 inches
	● No meals per month 18 inches and over

### White Crappie:

Sensitive Population:	● No restriction under 11 inches
	● Two meals per month 11 inches and over
General Population:	● No restriction

The following fish were sampled and found to be safe for consumption:  
Common Carp

## Lake Nanih Waiya

### Largemouth Bass:

Sensitive Population:	● No restriction under 15 inches
	● Two meals per month 15 inches and over
General Population:	● No restriction

The following fish were sampled and found to be safe for consumption:  
Black Crappie, Channel Catfish

## Lake Ozzie Cobb

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 10 inches</li><li>● Two meals per month 10-18 inches</li><li>● No meals per month 18 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 18 inches</li><li>● Two meals per month 18 inches and over</li></ul>

The following fish were sampled and found to be safe for consumption:  
Channel Catfish, White Crappie

## Lake Talawanda #2

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 16 inches</li><li>● Two meals per month 16 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

No other fish were sampled in this lake

## Lake Wayne Wallace

### Channel Catfish:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 23 inches</li><li>● Two meals per month 23 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 10 inches</li><li>● Two meals per month 10-16 inches</li><li>● No meals per month 16 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 16 inches</li><li>● Two meals per month 16 inches and over</li></ul>

### White Crappie:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 9 inches</li><li>● Two meals per month 9 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

No other fish were sampled in this lake



## Lloyd Church Lake

### Channel Catfish:

Sensitive Population:	● No restriction under 21 inches
	● Two meals per month 21 inches and over

General Population:	● No restriction
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### Largemouth Bass:

Sensitive Population:	● No restriction under 9 inches
	● Two meals per month 9-17 inches
	● No meals per month 17 inches and over

General Population:	● No restriction under 17 inches
	● Two meals per month 17 inches and over

No other fish were sampled in this lake

## McAlester City Lake

### Largemouth Bass:

Sensitive Population:	● No restriction under 14 inches
	● Two meals per month 14-18 inches
	● No meals per month 18 inches and over

General Population:	● No restriction under 18 inches
	● Two meals per month 18 inches and over

The following fish were sampled and found to be safe for consumption:

Blue Catfish, Bluegill Sunfish, Channel Catfish, Green Sunfish, White Bass, White Crappie

## McGee Creek Reservoir

### Channel Catfish:

Sensitive Population:	● No restriction under 20 inches
	● Two meals per month 20-24 inches
	● No meals per month 24 inches and over

General Population:	● No restriction under 24 inches
	● Two meals per month 24-27 inches
	● No meals per month 27 inches and over

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## McGee Creek Reservoir continued...

### Flathead Catfish:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 20 inches</li><li>● Two meals per month 20-24 inches</li><li>● No meals per month 24 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 24 inches</li><li>● Two meals per month 24-27 inches</li><li>● No meals per month 27 inches and over</li></ul>

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 10 inches</li><li>● Two meals per month 10 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### Spotted Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 8 inches</li><li>● Two meals per month 8-12 inches</li><li>● No meals per month 12 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 12 inches</li><li>● Two meals per month 12-16 inches</li><li>● No meals per month 16 inches and over</li></ul>

### White Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● DO NOT EAT</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 12 inches</li><li>● Two meals per month 12 inches and over</li></ul>

### White Crappie:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 14 inches</li><li>● Two meals per month 14 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

The following fish were sampled and found to be safe for consumption:  
Bluegill Sunfish

## Pine Creek Reservoir

### Black Crappie:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 10 inches</li><li>● Two meals per month 10 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### Channel Catfish:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 21 inches</li><li>● Two meals per month 21-30 inches</li><li>● No meals per month 30 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 30 inches</li><li>● Two meals per month 30 inches and over</li></ul>

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● Two meals per month less than 13 inches</li><li>● No meals per month 13 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 13 inches</li><li>● Two meals per month 13-19 inches</li><li>● No meals per month 19 inches and over</li></ul>

### Saugeye:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 13 inches</li><li>● Two meals per month 13-19 inches</li><li>● No meals per month 19 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 19 inches</li><li>● Two meals per month 19 inches and over</li></ul>

### Spotted Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 11 inches</li><li>● Two meals per month 11-14 inches</li><li>● No meals per month 14 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 14 inches</li><li>● Two meals per month 14-17 inches</li></ul>

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## Pine Creek Reservoir continued...

### White Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 12 inches</li><li>● Two meals per month 12 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### White Crappie:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 12 inches</li><li>● Two meals per month 10 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

The following fish were sampled and found to be safe for consumption:  
Bluegill Sunfish

## Quanah Parker Lake

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 10 inches</li><li>● Two meals per month 10-17 inches</li><li>● No meals per month 17 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 17 inches</li><li>● Two meals per month 17 inches and over</li></ul>

The following fish were sampled and found to be safe for consumption:  
Black Crappie, Bluegill Sunfish, Redear Sunfish

## Rush Lake

### Bluegill Sunfish:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 6 inches</li><li>● Two meals per month 6 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

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## Rush Lake continued...

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 10 inches</li><li>● Two meals per month 10-13 inches</li><li>● No meals per month 13 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 13 inches</li><li>● Two meals per month 13-16 inches</li><li>● No meals per month 16 inches and over</li></ul>

The following fish were sampled and found to be safe for consumption:  
Black Crappie, Redear Sunfish

## Sardis Lake

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 14 inches</li><li>● Two meals per month 14 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### Spotted Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 15 inches</li><li>● Two meals per month 15 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### Walleye:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 21 inches</li><li>● Two meals per month 21 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

The following fish were sampled and found to be safe for consumption:  
Blue Catfish, Bluegill Sunfish, Channel Catfish, Flathead Catfish, Smallmouth Buffalo, White Bass, White Crappie

## Schooler Lake

### Largemouth Bass:

Sensitive Population:	● No restriction under 16 inches
	● Two meals per month 16 inches and over
General Population:	● No restriction

The following fish were sampled and found to be safe for consumption:  
Black Crappie, Channel Catfish

## Skiatook Lake

### Flathead Catfish:

Sensitive Population:	● No restriction under 20 inches
	● Two meals per month 20 inches and over
General Population:	● No restriction

### Largemouth Bass:

Sensitive Population:	● No restriction under 14 inches
	● Two meals per month 14 inches and over
General Population:	● No restriction

### Smallmouth Bass:

Sensitive Population:	● No restriction under 15 inches
	● Two meals per month 15-18 inches
	● No meals per month 18 inches and over
General Population:	● No restriction under 18 inches
	● Two meals per month 18 inches and over

The following fish were sampled and found to be safe for consumption:  
Spotted Bass

## Wister Lake

### Largemouth Bass:

Sensitive Population:	● No restriction under 14 inches
	● Two meals per month 14 inches and over
General Population:	● No restriction

The following fish were sampled and found to be safe for consumption:  
Bluegill Sunfish, Channel Catfish, Spotted Bass, White Bass, White Crappie

# Mercury in Fish



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