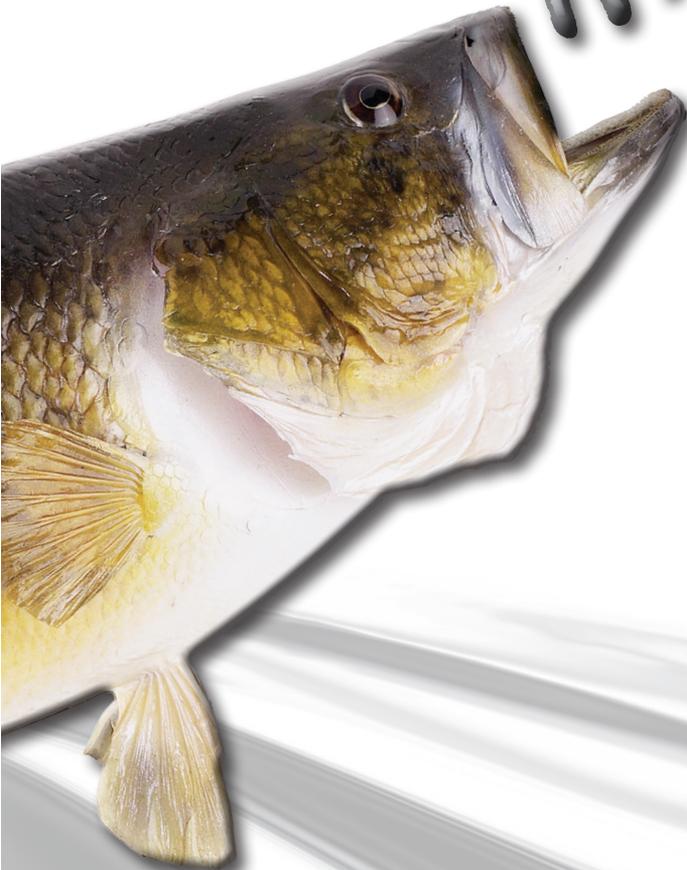


Mercury in Fish



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 child-bearing 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. Cobb Reservoir
- Ft. Gibson Reservoir
- Foss Reservoir
- Grand Lake
- Guthrie City Lake
- Hulah Reservoir
- Lake Arcadia
- Lake Eucha
- Lake Konawa
- Lake Lawtonka
- Lake Fuqua
- Lake Hudson
- Lake Murray
- Lake Oologah
- Lake Overholser
- Lake Ponca
- Lake Raymond Gary
- Lake Spavinaw
- Lake Talawanda #1
- Lake Tenkiller
- Lake Texoma
- Lake Thunderbird
- New Spiro Lake
- Okemah Lake
- Okmulgee Lake
- Robert S. Kerr Reservoir
- Shawnee Twin Lakes
- Sooner Lake
- Tom Steed Reservoir
- Wes Watkins Reservoir

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 and visit DEQ's Fish Consumption Web site at: www.deq.state.ok.us/fish/

Mercury Cycle



Arbuckle Lake

White Bass:

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

The following fish were sampled and found to be safe for consumption:
Black Crappie, Channel Catfish, Flathead Catfish, Largemouth Bass,
Smallmouth Bass, Spotted Bass

Atoka Lake

Largemouth Bass:

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

Spotted Bass:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 13 inches● Two meals per month 13-17 inches● No meals per month 17 inches and over
General Population:	<ul style="list-style-type: none">● 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:	<ul style="list-style-type: none">● No restriction under 16 inches● Two meals per month 16-19 inches● No meals per month 19 inches and over
General Population:	<ul style="list-style-type: none">● 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 uncher 19 inches
- Two meals per month 19-21 inches
- No meals per month 21 inches and over

Largemouth Bass:

Sensitive Population:

- No restriction under 11 inches
- Two meals per month 11-20 inches
- No meals per month 20 inches and over

General Population:

- No restriction under 20 inches
- Two meals per month 20 inches and over

Smallmouth Bass:

Sensitive Population:

- No restriction under 11 inches
- Two meals per month 11-16 inches
- No meals per month 16 inches and over

General Population:

- No restriction under 16 inches
- Two meals per month 16 inches and over

Spotted Bass:

Sensitive Population:

- No restriction under 11 inches
- Two meals per month 11-16 inches
- No meals per month 16 inches and over

General Population:

- No restriction under 16 inches
- Two meals per month 16 inches and over

Striped/Hybrid Bass:

Sensitive Population:

- DO NOT EAT

General Population:

- DO NOT EAT

Broken Bow Reservoir

Walleye:

Sensitive Population:	● DO NOT EAT
General Population:	● No restriction under 14 inches ● Two meals per month 14-18 inches ● No meals per month 18 inches and over

White Bass:

Sensitive Population:	● DO NOT EAT
General Population:	● No restriction under 12 inches ● Two meals per month 12 inches and over

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

White 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:
Channel Catfish, Common Carp, River Carpsucker, Smallmouth Buffalo

Carlton Lake

Largemouth Bass:

Sensitive Population:	● No restriction under 14 inches ● Two meals per month 14-20 inches ● No meal per month 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, White Crappie

Cedar Lake (Le FLOre County)

Largemouth Bass:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

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">● No restriction under 9 inches● Two meals per month 9 inches and over |
|-----------------------|---|

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

Largemouth Bass:

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

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

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">● No restriction under 20 inches● Two meals per month 20-30 inches● No meals per month 30 inches and over |
|-----------------------|---|

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

Coalgate City Lake

Largemouth Bass:

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

- | | |
|---------------------|---|
| General Population: | <ul style="list-style-type: none">● 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, Warmouth Sunfish, White Crappie

Cushing Lake

Flathead Catfish:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 25 inches● Two meals per month 25 inches and over |
|-----------------------|---|

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

Largemouth Bass:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

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

Draper Lake

Largemouth Bass:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

Spotted Bass:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● 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

Hugo Lake

Flathead Catfish:

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

Largemouth Bass:

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

White Bass:

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

Spotted Bass:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 14 inches● Two meals per month 14 inches and over |
| General Population: | <ul style="list-style-type: none">● 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: | <ul style="list-style-type: none">● No restriction under 13 inches● Two meals per month 13 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction |

Largemouth Bass:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 14 inches● Two meals per month 14-20 inches● No meals 20 inches and over |
| General Population: | <ul style="list-style-type: none">● 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: | <ul style="list-style-type: none">● No restriction under 17 inches● Two meals per month 17 inches and over |
| General Population: | <ul style="list-style-type: none">● 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">● No restriction under 25 inches● Two meals per month 25 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction |

Channel Catfish:

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

Lake Eufaula

Flathead Catfish:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

Largemouth Bass:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

Spotted Bass:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

White Bass:

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

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: | <ul style="list-style-type: none">● No restriction under 7 inches● Two meals per month 7 inches and over |
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- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

Channel Catfish:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 13 inches● Two meals per month 13-18 inches● No meals per month 18 inches and over |
|-----------------------|---|

- | | |
|---------------------|---|
| General Population: | <ul style="list-style-type: none">● No restriction under 18 inches● Two meals per month 18-25 inches● No meals 25 inches and over |
|---------------------|---|

Continued on next page...

Lake Heyburn

continued...

Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 11 inches● Two meals per month 11-15 inches● No meals per month 15 inches and over
General Population:	<ul style="list-style-type: none">● No restriction under 15 inches● Two meals per month 15-18 inches● No meals per month 18 inches and over

White Crappie:

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

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

Lake Nanih Waiya

Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 15 inches● Two meals per month 15 inches and over
General Population:	<ul style="list-style-type: none">● 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">● No restriction under 10 inches● Two meals per month 10-18 inches● No meals per month 18 inches and over
General Population:	<ul style="list-style-type: none">● 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:
Channel Catfish, White Crappie

Lake Talawanda #2

Largemouth Bass:

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

No other fish were sampled in this lake

Lake Wayne Wallace

Channel Catfish:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

Largemouth Bass:

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

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

White Crappie:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

No other fish were sampled in this lake

Lloyd Church Lake

Channel Catfish:

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

- | | |
|---------------------|--|
| General Population: | <ul style="list-style-type: none">● No restriction |
|---------------------|--|

Lloyd Church Lake continued...

Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 9 inches● Two meals per month 9-17 inches● No meals per month 17 inches and over
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General Population:	<ul style="list-style-type: none">● 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:	<ul style="list-style-type: none">● No restriction under 14 inches● Two meals per month 14-18 inches● No meals per month 18 inches and over
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General Population:	<ul style="list-style-type: none">● No restriction under 18 inches● Two meals per month 18 inches and over
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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:	<ul style="list-style-type: none">● No restriction under 20 inches● Two meals per month 20-24 inches● No meals per month 24 inches and over
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General Population:	<ul style="list-style-type: none">● No restriction under 24 inches● Two meals per month 24-27 inches● No meals per month 27 inches and over
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Flathead Catfish:

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

Largemouth Bass:

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

Spotted Bass:

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

White Bass:

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

White Crappie:

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

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

Meeker Lake

Blue Catfish:

Sensitive Population:	<ul style="list-style-type: none">No restriction under 20 inchesTwo meals per month 20-26 inchesNo meals per month 26 inches and over
General Population:	<ul style="list-style-type: none">No restriction under 26 inchesTwo meals per month 26 inches and over

Continued on next page...

Meeker Lake

continued...

Largemouth Bass:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 14 inches● Two meals per month 14-17 inches● No meals per month 17 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 17 inches● Two meals per month 17-21 inches● No meals per month 21 inches and over |

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

Pine Creek Reservoir

Black Crappie:

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

Channel Catfish:

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

Largemouth Bass:

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

Pine Creek Reservoir

continued...

Saugeye:

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

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

Spotted Bass:

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

- | | |
|---------------------|---|
| General Population: | <ul style="list-style-type: none">● No restriction under 14 inches● Two meals per month 14-17 inches |
|---------------------|---|

White Bass:

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

White Crappie:

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| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 10 inches● Two meals per month 10 inches and over |
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| General Population: | <ul style="list-style-type: none">● No restriction |
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The following fish were sampled and found to be safe for consumption:

Bluegill Sunfish

Prague Lake

Largemouth Bass:

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

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

Channel Catfish

Quannah Parker Lake

Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 10 inches● Two meals per month 10-17 inches● No meals per month 17 inches and over
General Population:	<ul style="list-style-type: none">● 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:
Black Crappie, Bluegill Sunfish, Redear Sunfish

Rush Lake

Bluegill Sunfish:

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

Largemouth Bass:

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

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

Spotted Bass:

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

Sardis Lake

Walleye:

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

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

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

Skiatook Lake

Flathead Catfish:

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

Largemouth Bass:

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

Smallmouth Bass:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 15 inches● Two meals per month 15-18 inches● No meals per month 18 inches and over
General Population:	<ul style="list-style-type: none">● 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

Sportsman Lake

Channel Catfish:

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

Largemouth Bass:

- Sensitive Population:
- No restriction under 16 inches
 - Two meals per month 16-20 inches
 - No meals per month 20 inches and over

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

Spotted Bass:

- Sensitive Population:
- No restriction under 15 inches
 - Two meals per month 15-17 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

Stroud Lake

Largemouth Bass:

- Sensitive Population:
- No restriction under 16 inches
 - Two meals per month 16-21 inches
 - No meals per month 21 inches and over

- General Population:
- No restriction under 21 inches

White Bass:

- Sensitive Population:
- No restriction under 8 inches
 - Two meals per month 8-13 inches
 - No meals per month 13 inches and over

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

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

Wetumka Lake

Flathead Catfish:

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|-----------------------|--|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 23 inches● Two meals per month 23 to 28 inches● No meals per month 28 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 28 inches● 2 meals per month 28 inches and over |

Largemouth Bass:

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|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 15 inches● Two meals per month 15-21 inches● No meals per month 21 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 21 inches● 2 meals per month 21 inches and over |

Spotted Bass:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 13 inches● Two meals per month 13-17 inches● No meals per month 17 inches and over |
| General Population: | <ul style="list-style-type: none">● 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:
Channel Catfish

Wewoka Lake

Blue Catfish:

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

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● Do not eat |
| General Population: | <ul style="list-style-type: none">● No restriction under 22 inches● 2 meals per month 22 inches and over |

Wewoka Lake

continued...

Largemouth Bass:

Sensitive Population:

- No restriction under 17 inches
- Two meals per month 17 inches & over

Spotted Bass:

Sensitive Population:

- No restriction under 12 inches
- Two meals per month 12 inches & over

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

Channel Catfish

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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