

Mercury in Fish

A silhouette of a person fishing from a rocky shore at sunset. The person is standing on a large rock, holding a fishing rod that extends across the frame. The sky is a warm orange and yellow, and the water reflects the light. A small boat is visible on the left side of the frame.

A Guide to Healthy Consumption in Oklahoma

Oklahoma Department of Environmental Quality

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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 due to 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, 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 5). 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. Our recommendations are based on the data that DEQ collects and do not factor local or state size or slot limit regulations that may be in effect. Please check Oklahoma's Department of Wildlife Conservation for state and local regulations that might apply. Only fish in the size ranges indicated have high mercury levels. 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 two 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.

Consumption not recommended: 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 one meal per week of predator fish. Predator fish include largemouth, smallmouth, spotted, white, striped, or hybrid bass, walleye, saugeye, and flathead catfish.

The Good News

Fish provide many healthy benefits. Fish are a good source of protein, and are high in omega-3 fatty acids, vitamins, and minerals.

EPA and FDA recommend women who are or may become pregnant, breastfeeding mothers, and children starting at the age of two, eat 8 to 12 ounces of lower mercury fish per week.

Unless lake-specific advisories are in place, channel catfish, white crappie, and all sunfish are good low-mercury choices. Occasionally eating fish, such as on an annual vacation, that have recommended consumption limits does not pose a significant health risk.

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.

- | | | |
|--------------------|------------------|------------------|
| Lake Arcadia | Guthrie Lake | Lake Overholser |
| Bell Cow Lake | Grand Lake | Lake Ponca |
| Lake Eucha | Lake Hudson | Schooler Lake |
| Ft. Cobb Reservoir | Konawa Reservoir | Lake Spavinaw |
| Ft. Gibson Lake | Keystone Lake | WD Mayo |
| Ft. Supply Lake | Lake Lawtonka | Wes Watkins Res. |
| Foss Reservoir | New Spiro Lake | Zoo Lake (OKC) |
| Fuqua Lake | Oologah Lake | |

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 the DEQ website at: www.deq.ok.gov.

Mercury Cycle



**Sources can be local, regional, and global*

Arbuckle Lake

Largemouth Bass:

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

Sensitive Population:	No restriction under 12 inches Two meals per month for 12 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Black Crappie, Bluegill Sunfish, Channel Catfish, Flathead Catfish, Redear Sunfish,
Smallmouth Bass, Spotted Bass, White Crappie

Atoka Lake

Flathead Catfish:

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

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

Sensitive Population:	No restriction
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Blue Catfish, Bluegill Sunfish, Channel Catfish, White Bass, White Crappie

Birch Lake

Black Crappie:

Sensitive Population:	No restriction under 9 inches Two meals per month 9 to 12 inches No meals per month 12 inches and over
General Population:	No restriction under 12 inches Two meals per month 12 inches and over

Channel Catfish:

Sensitive Population:	No restriction under 24 inches Two meals per month 24 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 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:	Two meals per month 12 inches and under No meals per month 12 inches and over
General Population:	No restriction under 12 inches Two meals per month 12 inches and over

Striped 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: White Crappie

Lake Bixhoma

Black Crappie:

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

Largemouth Bass:

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

Spotted Bass:

Sensitive Population:	Consumption not recommended
General Population:	Two meals per month all lengths

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

Boomer Lake

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, Flathead Catfish

Broken Bow Lake

Black Crappie:

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

Broken Bow Lake (Continued)

Flathead Catfish:

Sensitive Population:	No restriction under 18 inches Two meals per month 18 to 30 inches No meals per month 30 inches and over
General Population:	No restriction under 30 inches Two meals per month 30 inches and over

Largemouth Bass:

Sensitive Population:	Two meals per month under 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

Smallmouth Bass:

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

Spotted Bass:

Sensitive Population:	Two meals per month under 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

Striped/Hybrid Bass:

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

Walleye:

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

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

Sensitive Population:	No restriction under 10 inches Two meals per month 10 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption: Redear Sunfish, Bluegill Sunfish, Channel Catfish, Common Carp, River Carpsucker, Smallmouth Buffalo

Carlton Lake

Largemouth Bass:

Sensitive Population:	Two meals per month under 16 inches No meals per month 16 inches and over
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General Population:	No restriction under 16 inches Two meals per month 16 inches and over
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, White Crappie

Lake Carl Albert

Black Crappie:

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

Sensitive Population:	Two meals per month under 15 inches No meals per month 15 inches and over
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Lake Carl Albert (Continued)

General Population:	No restriction under 15 inches Two meals per month 15 inches and over
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, Redear Sunfish

Lake Carl Blackwell

Flathead Catfish:

Sensitive Population:	No restriction under 28 inches Two meals per month 28 inches and over
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General Population:	No restriction
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Largemouth Bass:

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

Sensitive Population:	No restriction under 21 inches Two meals per month 21 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, White Bass, White Crappie

Cedar Lake (Le Flore County)

Largemouth Bass:

Sensitive Population:	No restriction under 14 inches Two meals per month 14 to 19 inches No meals per month 19 inches and over
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General Population:	No restriction under 19 inches Two meals per month 19 inches and over
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, Bluegill Sunfish, Redear Sunfish

Chandler Lake

Largemouth Bass:

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

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

Clayton Lake

Black Crappie:

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

Bluegill Sunfish:

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

Largemouth Bass:

Sensitive Population:	Two meals per month under 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:
Channel Catfish, Redear Sunfish

Cleveland Lake

Largemouth Bass:

Sensitive Population:	No restriction under 18 inches Two meals per month 18 inches and over
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Cleveland Lake (Continued)

General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, White Crappie

Coalgate Lake

Blue Catfish:

Sensitive Population:	No restriction under 25 inches Two meals per month 25 inches and over
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General Population:	No restriction
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Flathead Catfish:

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

Sensitive Population:	Two meals per month all lengths
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
White Crappie

Copan Lake

Blue Catfish:

Sensitive Population:	No restriction under 27 inches Two meals per month 27 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, Largemouth Bass, Spotted Bass, White Crappie

Cushing Lake

Flathead Catfish:

Sensitive Population:	No restriction under 29 inches Two meals per month 29 inches and over
General Population:	No restriction

Largemouth Bass: No Advisory

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

Draper Lake

Flathead Catfish:

Sensitive Population:	2 meals per month under 23 inches No meals per month 23 inches and over
General Population:	No Restriction under 23 inches 2 meals per month 23 to 30 inches No meals per month 30 inches and over

Largemouth Bass:

Sensitive Population:	No restriction under 14 inches Two meals per month 14 to 19 inches No meals per month 19 inches and over
General Population:	No Restriction under 19 inches 2 meals per month 19 inches and over

Spotted Bass:

Sensitive Population:	No Restriction under 12 inches 2 meals per month 12 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

Dripping Springs Lake

Channel Catfish:

Sensitive Population:	No restriction under 22 inches Two meals per month 22 inches and over
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Dripping Springs Lake (Continued)

General Population:	No restriction
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Flathead Catfish:

Sensitive Population:	No restriction under 21 inches Two meals per month 21 inches and over
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General Population:	No restriction
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Largemouth Bass:

Sensitive Population:	Two meals per month all lengths
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General Population:	No restriction
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Spotted Bass:

Sensitive Population:	No restriction under 11 inches Two meals per month 11 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Bluegill Sunfish

Elmer Thomas Lake

Largemouth Bass:

Sensitive Population:	Two meals per month all lengths
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, Bluegill Sunfish, Green Sunfish, Redear Sunfish

Eufaula Lake

Channel Catfish:

Sensitive Population:	No restriction under 18 inches Two meals per month 18 inches and over
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General Population:	No restriction
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Flathead Catfish:

Sensitive Population:	No restriction under 28 inches Two meals per month 28 inches and over
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General Population: No restriction

Largemouth Bass:

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

General Population: No restriction

Spotted 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, Blue Catfish, Redear Sunfish, Smallmouth Bass, White Crappie, White Bass

Lake Frederick

Blue Catfish:

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

General Population: No restriction

Flathead Catfish:

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

General Population: No restriction

Largemouth Bass:

Sensitive Population: Two meals per month all lengths

General Population: No restriction

White Bass:

Sensitive Population: Two meals per month all lengths

General Population: No restriction

White Crappie:

Sensitive Population: Two meals per month all lengths

General Population: No restriction

Lake Frederick (Continued)

The following fish were sampled and found to be safe for consumption:
No other fish were tested

Greenleaf Lake

Largemouth Bass:

Sensitive Population:	No restriction under 14 inches Two meals per month 14 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Black Bullhead Catfish, Black Crappie, Bluegill Sunfish, Redear Sunfish, Spotted Bass, White Crappie, Yellow Bullhead Catfish

Lake Hefner

Flathead Catfish:

Sensitive Population:	No restriction under 22 inches Two meals per month 22 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Bluegill Sunfish, Channel Catfish, Largemouth Bass, White Bass

Lake Heyburn

Bluegill Sunfish:

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

Sensitive Population:	No restriction under 17 inches Two meals per month 17 to 22 inches No meals per month 22 inches and over
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General Population:	No restriction under 22 inches Two meals per month 22 to 27 inches No meals per month 27 inches and over
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Channel Catfish:

Sensitive Population:	No restriction under 19 inches Two meals per month 19 to 23 inches No meals per month 23 inches and over
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General Population:	No restriction under 23 inches Two meals per month 23 inches and over
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Flathead Catfish:

Sensitive Population:	Two meals per month under 21 inches No meals per month 21 inches and over
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General Population:	No restriction under 21 inches Two meals per month 21 to 27 inches No meals per month 27 inches and over
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Largemouth Bass:

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

Sensitive Population:	No restriction under 11 inches Two meals per month 11 inches and over
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Sensitive Population:	No restriction
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The following fish were sampled and found to be safe for consumption: Common Carp

Holdenville Lake

Blue Catfish:

Sensitive Population:	Two meals per month all lengths
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General Population:	No restriction
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Channel Catfish:

Sensitive Population:	No restriction under 21 inches Two meals per month 21 inches and over
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General Population:	No restriction
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Holdenville Lake (Continued)

Flathead Catfish:

Sensitive Population:	No restriction under 26 inches Two meals per month 26 inches and over
General Population:	No restriction

Largemouth Bass:

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

Spotted 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: White Crappie

Hominy Lake

Channel Catfish:

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

Flathead Catfish:

Sensitive Population:	No restriction under 26 inches Two meals per month 26 inches and over
General Population:	No restriction

Largemouth Bass:

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

Spotted Bass:

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

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

Hugo Lake

Black Crappie:

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

General Population: No restriction

Blue Catfish:

Sensitive Population: No restriction under 19 inches
Two meals per month 19 to 26 inches
No meals per month 26 inches and over

General Population: No restriction under 26 inches
Two meals per month 26 inches and over

Bowfin:

Sensitive Population: Two meals per month all lengths

General Population: No restriction

Channel Catfish:

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

General Population: No restriction

Flathead Catfish:

Sensitive Population: Two meals per month all lengths

General Population: No restriction

Largemouth Bass:

Sensitive Population: Consumption not recommended

General Population: Two meals per month all lengths

White Bass:

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

Hugo Lake (Continued)

General Population:	No restriction under 12 inches Two meals per month 12 to 16 inches No meals per month 16 inches and over
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White Crappie:

Sensitive Population:	Two meals per month under 13 inches No meals per month 13 inches and over
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General Population:	No restriction under 13 inches Two meals per month 13 inches and over
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The following fish were sampled and found to be safe for consumption:
Bluegill Sunfish, Common Carp, Green Sunfish, Smallmouth Buffalo

Hulah Lake

Largemouth Bass:

Sensitive Population:	No restriction under 18 inches Two meals per month 18 inches and over
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General Population:	No restriction
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White Bass:

Sensitive Population:	No restriction under 16 inches Two meals per month 16 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Blue Catfish, Channel Catfish, Flathead Catfish, White Crappie

Kaw Lake

Largemouth Bass:

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

Sensitive Population:	No restriction under 14 inches Two meals per month 14 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Blue Catfish, Channel Catfish, Flathead Catfish, Smallmouth Buffalo, White Bass,
White Crappie

Lloyd Church Reservoir

Largemouth Bass:

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

White Crappie:

Sensitive Population:	Two meals per month all lengths
General Population:	No restriction

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

Lone Chimney Lake

Largemouth Bass:

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

Flathead Catfish:

Sensitive Population:	Two meals per month for all lengths
General Population:	No restriction

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

Lake McAlester

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

McGee Creek Reservoir

Bluegill Sunfish:

Sensitive Population: Two meals per month all lengths

General Population: No restriction

Channel Catfish:

Sensitive Population: No restriction under 20 inches
Consumption not recommended
No meals per month 24 inches and over

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

Flathead Catfish:

Sensitive Population: Consumption not recommended

General Population: Consumption not recommended

Largemouth Bass:

Sensitive Population: Consumption not recommended

General Population: No meals per month 14 inches and over

Redear Sunfish:

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

General Population: No restriction

Spotted Bass:

Sensitive Population: Consumption not recommended

General Population: Consumption not recommended

Smallmouth Bass:

Sensitive Population: Consumption not recommended

General Population: No meals per month 14 inches and over

White Bass:

Sensitive Population: Consumption not recommended

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

Sensitive Population:	No restriction under 14 inches Two meals per month 14 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
No other fish were sampled at this lake

Lake McMurtry

Flathead Catfish:

Sensitive Population:	No restriction under 30 inches Two meals per month 30 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, Largemouth Bass, Saugeye, White Bass, White Crappie

Meeker Lake

Blue Catfish:

Sensitive Population:	No restriction under 20 inches Two meals per month 20 to 30 inches No meals per month 30 inches and over
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General Population:	No restriction under 30 inches Two meals per month 30 inches and over
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Largemouth Bass:

Sensitive Population:	No restriction under 15 inches Two meals per month 15 to 19 inches No meals per month 19 inches and over
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General Population:	No restriction under 19 inches Two meals per month 19 inches and over
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The following fish were sampled and found to be safe for consumption:
White Crappie

Lake Murray

Largemouth Bass:

Sensitive Population:	Two meals per month for all lengths
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General Population:	No restriction
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Smallmouth Bass:

Sensitive Population:	Two meals per month for all lengths
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, Common Carp

Lake Nanih Waiya

Largemouth Bass:

Sensitive Population:	No restriction under 17 inches Two meals per month 17 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Black Crappie, Channel Catfish, Bluegill Sunfish, Redear Sunfish

Okemah Lake

Channel Catfish:

Sensitive Population:	No restriction under 21 inches Two meals per month 21 inches and over
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General Population:	No restriction
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Flathead Catfish:

Sensitive Population:	No restriction under 21 inches Two meals per month 21 to 30 inches No meals per month 30 inches and over
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General Population:	No restriction under 30 inches Two meals per month 30 inches and over
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Largemouth Bass:

Sensitive Population:	Two meals per month under 17 inches No meals per month 17 inches and over
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General Population:	No restriction under 17 inches Two meals per month 17 to 20 inches No meals per month 20 inches and over
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The following fish were sampled and found to be safe for consumption: Redear Sunfish

Okmulgee Lake

Flathead Catfish:

Sensitive Population:	Two meals per month under 38 inches No meals per month 38 inches and over
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General Population:	No restriction under 38 inches Two meals per month 38 inches and over
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Largemouth Bass:

Sensitive Population:	Two meals per month under 17 inches No meals per month 17 inches and over
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General Population:	No restriction under 17 inches Two meals per month 17 to 20 inches No meals per month 20 inches and over
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Spotted Bass:

Sensitive Population:	Two meals per month under 13 inches No meals per month 13 inches and over
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General Population:	No restriction under 13 inches Two meals per month 13 inches and over
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The following fish were sampled and found to be safe for consumption:

Black Crappie, Bluegill Sunfish, Channel Catfish, Redear Sunfish

Lake Ozzie Cobb

Channel Catfish:

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

Sensitive Population:	Two meals per month under 17 inches No meals per month 17 inches and over
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Lake Ozzie Cobb (Continued)

General Population:	No restriction under 17 inches Two meals per month 17 to 20 inches No meals per month 20 inches and over
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The following fish were sampled and found to be safe for consumption:
Bluegill Sunfish, Redear Sunfish, White Crappie

Pawnee Lake

Saugeye:

Sensitive Population:	No restriction under 22 inches Two meals per month 22 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Bluegill Sunfish, Channel Catfish, Flathead Catfish, Green Sunfish,
Largemouth Bass, White Crappie

Pine Creek Lake

Black Crappie:

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

Sensitive Population:	No restriction under 18 inches Two meals per month 18 inches and over
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General Population:	No restriction
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Largemouth Bass:

Sensitive Population:	Consumption not recommended
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General Population:	Consumption not recommended
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Saugeye:

Sensitive Population:	No restriction under 14 inches Two meals per month 14 to 19 inches No meals per month 19 inches and over
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General Population:	No restriction under 19 inches Two meals per month 19 inches and over
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Spotted Bass:

Sensitive Population:	No restriction under 11 inches Two meals per month 11 to 14 inches No meals per month 14 inches and over
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General Population:	No restriction under 14 inches Two meals per month 14 and over
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White Bass:

Sensitive Population:	No restriction under 12 inches Two meals per month 12 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Bluegill Sunfish, White Crappie

Prague Lake

Largemouth Bass:

Sensitive Population:	No restriction under 17 inches Two meals per month 17 inches and over
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General Population:	No Restriction
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The following fish were sampled and found to be safe for consumption: Channel Catfish

Lake Quannah Parker

Black Crappie:

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

Sensitive Population:	No restriction under 10 inches Two meals per month 10 inches and over
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General Population:	No restriction
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Lake Quannah Parker (Continued)

Warmouth Sunfish:

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

Yellow Bullhead Catfish:

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:
Bluegill Sunfish, Channel Catfish, Redear Sunfish

Lake Raymond Gary

Flathead Catfish:

Sensitive Population:	Consumption not recommended
General Population:	Two meals per month all lengths

Largemouth Bass:

Sensitive Population:	Two meals per months all lengths
General Population:	No Restriction

Spotted 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:
Channel Catfish, Redear Sunfish, White Crappie

Rush Lake

Bluegill Sunfish:

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

Largemouth Bass:

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:
Black Crappie, Green Sunfish, Redear Sunfish, Yellow Bullhead Catfish

Lake Sahoma

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: Two meals per month under 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

Striped Bass Hybrid:

Sensitive Population: Two meals per month all lengths

General Population: No restriction

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

Sardis Lake

Channel Catfish:

Sensitive Population: No restriction under 16 inches
Two meals per month 16 to 19 inches
No meals per month 19 inches and over

General Population: No restriction under 19 inches
Two meals per month 19 to 22 inches
No meals per month 22 inches and over

Sardis Lake (Continued)

Flathead Catfish:

Sensitive Population:	No restriction under 18 inches Two meals per month 18 to 30 inches No meals per month 30 inches and over
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General Population:	No restriction under 30 inches Two meals per month 30 inches and over
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Largemouth Bass:

Sensitive Population:	No restriction under 16 inches 2 meals per month 16 inches and over
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General Population:	No restriction
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Spotted Bass:

Sensitive Population:	No restriction under 14 inches Two meals per month 14 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Black Crappie, Blue Catfish, Bluegill Sunfish, White Crappie

Shawnee Twins Lakes

Flathead Catfish:

Sensitive Population:	No restriction under 22 inches Two meals per month 22 to 37 inches No meals per month 37 inches and over
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General Population:	No restriction under 37 inches 2 meals per month 37 inches and over
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Largemouth Bass:

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

Sensitive Population:	No restriction under 22 inches 2 meals per month 22 inches and over
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General Population:	No restriction
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Spotted Bass:

Sensitive Population:	No restriction under 16 inches Two meals per month 16 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Channel Catfish, White Bass, White Crappie

Skiatook Lake

Largemouth Bass:

Sensitive Population:	Two meals per month all lengths
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General Population:	No restriction
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Smallmouth Bass:

Sensitive Population:	Two meals per month all lengths
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General Population:	No restriction
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Striped/Hybrid Bass:

Sensitive Population:	No restriction under 18 inches Two meals per month 18 inches and over
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General Population:	No restriction
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White Bass:

Sensitive Population:	Two meals per month all lengths
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Spotted Bass, White Perch

Sooner Lake

Flathead Catfish:

Sensitive Population:	No restriction under 25 inches Two meals per month 25 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Blue Catfish, Bluegill Sunfish, Channel Catfish, Largemouth Bass, Redear Sunfish,
Striped/Hybrid Bass

Sportsman Lake

Channel Catfish:

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

Sensitive Population:	No restriction under 16 inches Two meals per month 16 to 20 inches No meals per month 20 inches and over
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General Population:	No restriction under 20 inches Two meals per month 20 inches and over
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Spotted Bass:

Sensitive Population:	No restriction under 15 inches Two meals per month 15 to 17 inches No meals per month 17 inches and over
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General Population:	No restriction under 17 inches Two meals per month 17 inches and over
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No other fish were sampled in this lake

Lake Stilwell

Largemouth Bass:

Sensitive Population:	No restriction under 17 inches Two meals per month 17 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:

Black Crappie, Channel Catfish

Stroud Lake

Flathead Catfish:

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

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

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

Sensitive Population:	No restriction under 13 inches Two meals per month 13 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Bluegill Sunfish, Channel Catfish

Lake Talawanda # 1

Largemouth Bass:

Sensitive Population:	No restriction under 17 inches Two meals per month 17 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Black Crappie, Bluegill Sunfish, Redear Sunfish

Lake Talawanda # 2

Flathead Catfish:

Sensitive Population:	No restriction under 21 inches Two meals per month 21 to 32 inches No meals per month 32 inches and over
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General Population:	No restriction under 32 inches Two meals per month 32 inches and over
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Largemouth Bass:

Sensitive Population:	No restriction under 20 inches Two meals per month 20 inches and over
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Lake Talawanda # 2 (Continued)

General Population: No restriction

Spotted 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, Bluegill Sunfish, Redear Sunfish, Channel Catfish

Lake Tenkiller

Flathead Catfish:

Sensitive Population: No restrictions under 27 inches
2 meals per month 27 inches and over

General Population: No restriction

Largemouth Bass:

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

General Population: No restriction

Smallmouth Bass:

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

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:
Black Crappie, Blue Catfish, Bluegill Sunfish, Channel Catfish, White Crappie

Lake Texoma

Striped Bass:

Sensitive Population:	No restriction under 30 inches Two meals per month 30 inches and over
General Population:	No restriction

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

Lake Thunderbird

Flathead Catfish:

Sensitive Population:	No restriction under 35 inches Two meals per month 35 inches and over
General Population:	No restriction

Largemouth Bass:

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

Saugeye:

Sensitive Population:	No restriction under 22 inches Two meals per month 22 inches and over
General Population:	No restriction

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

Tom Steed Reservoir

Flathead Catfish:

Sensitive Population:	No restriction under 27 inches Two meals per month 27 inches and over
General Population:	No restriction

Spotted Bass:

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

Tom Steed Reservoir (Continued)

White 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, Channel Catfish, Largemouth Bass, Saugeye, White Crappie

Waurika Lake

Blue Catfish:

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

Flathead Catfish:

Sensitive Population:	No restriction under 30 inches Two meals per month 30 inches and over
General Population:	No restriction

Largemouth Bass:

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

Spotted Bass:

Sensitive Population:	Two meals per month for all lengths
General Population:	No restriction

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

Lake Wayne Wallace

Largemouth Bass:

Sensitive Population:	Two meals per month under 13 inches No meals per month 13 inches and over
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General Population:	No restriction under 13 inches Two meals per month 13 to 17 inches No meals per month 17 inches and over
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Spotted Bass:

Sensitive Population:	Two meals per month under 14 inches No meals per month 14 inches and over
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General Population:	No restriction under 14 inches Two meals per month 14 inches and over
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The following fish were sampled and found to be safe for consumption: Channel Catfish, Redear Sunfish, White Crappie

Lake Wetumka

Flathead Catfish:

Sensitive Population:	No restriction under 23 inches Two meals per month 23 to 28 inches No meals per month 28 inches and over
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General Population:	No restriction under 28 inches Two meals per month 28 inches and over
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Largemouth Bass:

Sensitive Population:	No restriction under 15 inches Two meals per month 15 to 21 inches No meals per month 21 inches and over
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General Population:	No restriction under 21 inches Two meals per month 21 inches and over
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Spotted Bass:

Sensitive Population:	No restriction under 13 inches Two meals per month 13 to 17 inches No meals per month 17 inches and over
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General Population:	No restriction under 17 inches Two meals per month 17 inches and over
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The following fish were sampled and found to be safe for consumption:
Channel Catfish

Wewoka Lake

Blue Catfish:

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

Sensitive Population:	No restriction under 21 inches Two meals per month 21 to 29 inches No meals per month 29 inches and over
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General Population:	No restriction under 29 inches Two meals per month 29 inches and over
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Largemouth Bass:

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

Sensitive Population:	No restriction under 21 inches Two meals per month 21 inches and over
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General Population:	No restriction
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Spotted Bass:

Sensitive Population:	Two meals per month 14 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption: Channel Catfish

Wister Lake

Black Crappie:

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

Sensitive Population:	No restriction under 27 inches Two meals per month 27 inches and over
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General Population:	No restriction
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Flathead Catfish:

Sensitive Population:	No restriction under 22 inches Two meals per month 22 inches and over
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General Population:	No restriction
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Largemouth Bass:

Sensitive Population:	Two meals per month all lengths
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General Population:	No restriction
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Spotted Bass:

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

Sensitive Population:	No restriction under 13 inches Two meals per month 13 inches and over
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General Population:	No restriction
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The following fish were sampled and found to be safe for consumption:
Bluegill Sunfish, Channel Catfish

