Health Advisory - Baltimore Harbor

Pescadores - Cuidado!

The Maryland Department of the Environment Recommends the Following Consumption Information

WHITE PERCH

DO NOT EAT MORE THAN

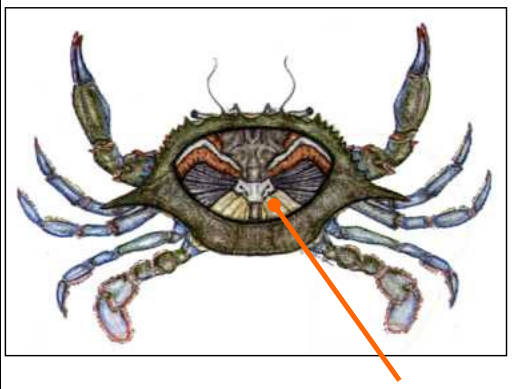
5 MEALS* PER YEAR

NO COMER MAS DE

5 COMIDAS* POR AÑO

*8 oz MEAL FOR THE GENERAL POPULATION
MEAL FOR WOMEN (15-45)
3 oz MEAL FOR YOUNG CHILDREN (0-6)

*8 oz DE PESCADO PARA LA POBLACIÓN EN GENERAL 6 oz
6 oz PARA LAS MUJERES (15-45 AÑOS)
3 oz PARA LOS NIÑOS



BLUE CRAB

CANGREJO AZUL

CRAB WITHOUT MUSTARD
CANGREJO SIN LA MOSTAZA

DO NOT EAT MORE THAN
8 MEALS PER MONTH (CHILDREN - 2 MEALS PER MONTH)

NO COMER MAS DE
8 VECES AL MES (PARA LOS NIÑOS - 2 VECES AL MES)

DO NOT EAT MUSTARD

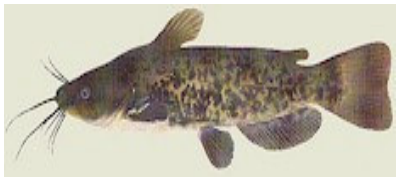
NO COMER LA MOSTAZA DEL CANGREJO

ADULTS (ADULTOS) 1 MEAL (COMIDA) = 9 CRABS

CHILDREN (NIÑOS) 1 MEAL (COMIDA) = 4 CRABS

AMERICAN EEL

CATFISH



BULLHEAD

COMMON CARP

DO NOT EAT

NO COMER

FOR MORE INFORMATION **PARA MÁS INFORMACIÓN**

MARYLAND DEPARTMENT OF THE ENVIRONMENT

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