

# Mercury in Fish

A person is silhouetted against a bright orange sunset sky, standing on a rocky shore and fishing with a long rod. The water in the foreground is calm, reflecting the warm colors of the sky. A small boat is partially 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 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.

**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 1 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.

- |                          |                           |                           |
|--------------------------|---------------------------|---------------------------|
| <b>Bell Cow Lake</b>     | <b>Lake Hefner</b>        | <b>Shawnee Twin Lakes</b> |
| <b>Chandler Lake</b>     | <b>Lake Hudson</b>        | <b>Sooner Lake</b>        |
| <b>Lake Ellsworth</b>    | <b>John Wells Lake</b>    | <b>Lake Spavinaw</b>      |
| <b>Lake Eucha</b>        | <b>Lake Konawa</b>        | <b>Tenkiller</b>          |
| <b>Ft. Cobb</b>          | <b>Keystone Reservoir</b> | <b>Texoma</b>             |
| <b>Ft. Gibson</b>        | <b>Lake Lawtonka</b>      | <b>Thunderbird</b>        |
| <b>Ft. Supply</b>        | <b>New Spiro Lake</b>     | <b>WD Mayo</b>            |
| <b>Foss Reservoir</b>    | <b>Lake Oolagah</b>       | <b>Wes Watkins</b>        |
| <b>Lake Fuqua</b>        | <b>Lake Overholser</b>    |                           |
| <b>Guthrie City Lake</b> | <b>Robert S. Kerr</b>     |                           |
| <b>Grand Lake</b>        | <b>Reservoir</b>          |                           |

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](http://www.deq.ok.gov).

# Mercury Cycle



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



## Arbuckle Lake

### Flathead Catfish:

Sensitive Population:	No restriction under 24 inches Two meals per month for 24 inches and over
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General Population:	No Restriction
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### White 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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The following fish were sampled and found to be safe for consumption:  
Black Crappie, Channel Catfish, Largemouth Bass, Smallmouth Bass, Spotted Bass

## Atoka Lake

### Channel Catfish:

Sensitive Population:	No restriction under 13 inches Two meals per month for 13 inches and over
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General Population:	No Restriction
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### Largemouth Bass:

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

Sensitive Population:	No restriction under 13 inches Two meals per month 13-17 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:  
Blue Catfish, Bluegill Sunfish, White Bass, White Crappie

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

## Birch Reservoir

### 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
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General Population:	No restriction under 12 inches Two meals per month 12 inches and over
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### Channel Catfish:

Sensitive Population:	No restriction under 24 inches Two meals per month 24 inches and over
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General Population:	No restriction
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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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General Population:	No restriction under 20 inches Two meals per month 20 inches and over
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### Spotted Bass:

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

### Largemouth Bass:

Sensitive Population:	2 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 sizes

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

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

## Broken Bow Reservoir

### Black Crappie:

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

### Flathead Catfish:

Sensitive Population:	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:	Two meals per month 15 inches and over No restriction under 15 inches
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
General Population:	No restriction under 17 inches Two meals per month 17 inches and over

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

The following fish were sampled and found to be safe for consumption: Redear Sunfish, Bluegill Sunfish, Channel Catfish, Common Carp, River Carpsucker, Smallmouth Buffalo

## Canton Reservoir

### White Crappie:

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, Common Carp, Flathead Catfish, River Carpsucker, Smallmouth Buffalo, Walleye, White Bass

## 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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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:**

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

## **Cedar Lake (Le Flore County)**

### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month under 19 inches No meals per month 19 inches and over
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<b>General Population:</b>	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

## **Clayton Lake**

### **Black Crappie:**

<b>Sensitive Population:</b>	No restriction under 12 inches Two meals per month 12 inches and over
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<b>General Population:</b>	No restriction
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### **Bluegill Sunfish:**

<b>Sensitive Population:</b>	No restriction under 8 inches Two meals per month 8 inches and over
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<b>General Population:</b>	No restriction
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### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month under 17 inches No meals per month 17 inches and over
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<b>General Population:</b>	No restriction under 17 inches Two meals per month 17-20 inches
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The following fish were sampled and found to be safe for consumption:  
Channel Catfish, Redear Sunfish

## Coalgate Lake

### Flathead Catfish:

Sensitive Population:	No restriction under 20 inches Two meals per month 20-30 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 all lengths
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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:  
Channel Catfish, Warmouth Sunfish

## Copan Reservoir

### 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 25 inches Two meals per month 25 inches and over
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General Population:	No restriction
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### **Largemouth Bass:**

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

## **Draper Lake**

### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month all lengths
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<b>General Population:</b>	No restriction
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### **Spotted Bass:**

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

## **Dripping Springs Lake**

### **Channel Catfish:**

<b>Sensitive Population:</b>	No restriction under 22 inches Two meals per month 22 inches and over
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<b>General Population:</b>	No restriction
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### **Flathead Catfish:**

<b>Sensitive Population:</b>	No restriction under 21 inches Two meals per month 21 inches and over
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<b>General Population:</b>	No restriction
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### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month all lengths
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<b>General Population:</b>	No restriction
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## **Dripping Springs Lake (Continued)**

### **Spotted Bass:**

<b>Sensitive Population:</b>	No restriction under 11 inches Two meals per month 11 inches and over
<b>General Population:</b>	No restriction

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

## **Elmer Thomas Lake**

### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month all sizes
<b>General Population:</b>	No restriction

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

## **El Reno Lake**

### **Largemouth Bass:**

<b>Sensitive Population:</b>	No restriction under 19 inches Two meals per month 19 inches and over
<b>General Population:</b>	No restriction

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

## **Lake Eufaula**

### **Channel Catfish:**

<b>Sensitive Population:</b>	No restriction under 18 inches Two meals per month 18 inches and over
<b>General Population:</b>	No restriction

### **Flathead Catfish:**

<b>Sensitive Population:</b>	No restriction under 28 inches Two meals per month 28 inches and over
<b>General Population:</b>	No restriction

### **Largemouth Bass:**

<b>Sensitive Population:</b>	No restriction under 17 inches Two meals per month 17 inches and over
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<b>General Population:</b>	No restriction
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### **Spotted Bass:**

<b>Sensitive Population:</b>	No restriction under 15 inches Two meals per month 15 inches and over
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<b>General Population:</b>	No restriction
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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

## **Frederick**

### **Blue Catfish:**

<b>Sensitive Population:</b>	No restriction under 20 inches Two meals per month 20 inches and over
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<b>General Population:</b>	No restriction
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### **Flathead Catfish:**

<b>Sensitive Population:</b>	No restriction under 23 inches Two meals per month 23 inches and over
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<b>General Population:</b>	No restriction
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### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month all lengths
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<b>General Population:</b>	No restriction
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### **White Bass:**

<b>Sensitive Population:</b>	Two meals per month all lengths
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<b>General Population:</b>	No restriction
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## Frederick (Continued)

### White Crappie:

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:  
No other fish were tested

## Greenleaf Reservoir

### 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, Spotted Bass, White Crappie

## 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 2 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:**

<b>Sensitive Population:</b>	2 meals per month under 21 inches No meals per month 21 inches and over
<b>General Population:</b>	No restriction under 21 inches Two meals per month 21 to 27 inches No meals per month 27 inches and over

### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month under 20 inches No meals per month 20 inches and over
<b>Sensitive Population:</b>	No restriction under 20 inches 2 meals per month 20 inches and over

### **White Crappie:**

<b>Sensitive Population:</b>	No restriction under 11 inches Two meals per month 11 inches and over
<b>Sensitive Population:</b>	No restriction

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

## **Holdenville**

### **Blue Catfish:**

<b>Sensitive Population:</b>	Two meals per month all sizes
<b>General Population:</b>	No restriction

### **Channel Catfish:**

<b>Sensitive Population:</b>	No restriction under 21 inches Two meals per month 21 inches and over
<b>General Population:</b>	No restriction

### **Flathead Catfish:**

<b>Sensitive Population:</b>	No restriction under 26 inches Two meals per month 26 inches and over
<b>General Population:</b>	No restriction

## Holdenville (Continued)

### 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

### 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
General Population:	No restriction

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

## Hugo Reservoir

### Black Crappie:

Sensitive Population:	No restriction under 7 inches Two meals per month 7 inches & 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
General Population:	No restriction under 12 inches Two meals per month 12 to 16 inches No meals per month 16 inches and over

## Hugo Reservoir (Continued)

### White Crappie:

Sensitive Population:	Two meals per month under 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:  
Bluegill Sunfish, Common Carp, Green Sunfish, Smallmouth Buffalo

## Lake Hulah

### Largemouth Bass:

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

### White 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:  
Blue Catfish, Channel Catfish, Flathead Catfish, White Crappie

## Kaw Reservoir

### Largemouth Bass:

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

### Spotted Bass:

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

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



## Lloyd Church Lake

### 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 2 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

### White 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: Channel Catfish

## Lake McAlester

### Largemouth Bass:

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

The following fish were sampled and found to be safe for consumption:  
Blue Catfish, 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  
Two meals per month 20-24 inches  
No meals per month 24 inches and over

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

### 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:**

<b>Sensitive Population:</b>	Consumption not recommended
<b>General Population:</b>	No restriction under 12 inches Two meals per month 12 inches and over

### **White Crappie:**

<b>Sensitive Population:</b>	No restriction under 14 inches Two meals per month 14 inches and over
<b>General Population:</b>	No restriction

The following fish were sampled and found to be safe for consumption:  
No other fish were sampled at this lake

## **Lake McMurtry**

### **Flathead Catfish:**

<b>Sensitive Population:</b>	No restriction under 30 inches Two meals per month 30 inches and over
<b>General Population:</b>	No restriction

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:**

<b>Sensitive Population:</b>	No restriction under 20 inches Two meals per month 20-26 inches No meals per month 26 inches and over
<b>General Population:</b>	No restriction under 26 inches Two meals per month 26 inches and over

### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month under 17 inches No meals per month 17 inches and over
<b>General Population:</b>	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

## Lake Murray

### Largemouth Bass:

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

### Smallmouth 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:  
Channel Catfish, Common Carp

## Lake Nanih Waiya

### 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:  
Black Crappie, Channel Catfish, Bluegill Sunfish, Redear Sunfish

## Okemah

### 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 21 inches Two meals per month 21 inches and over 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
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General Population:	No restriction under 17 inches Two meals per month 15-17 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

### 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 17-20 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 2 meals per month 17 inches and over
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General Population:	No restriction
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## Lake Ozzie Cobb (Continued)

### 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 17-20 inches No meals per month 20 inches and over

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

## Pawnee Lake

### Largemouth Bass:

Sensitive Population:	No restriction under 17 inches Two meals per month 17 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:  
Channel Catfish, Flathead Catfish, White Crappie

## Lake Ponca

### Largemouth Bass:

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

### Flathead Catfish:

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

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

## Pine Creek Reservoir

### 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:	Two meals per month 14-19 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 11-14 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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## Pine Creek Reservoir (Continued)

### White Crappie:

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

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
General Population:	No Restriction

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

## Quannah Parker Lake

### Black Crappie:

Sensitive Population:	No restriction under 11 inches Two meals per month 11 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

### Warmouth Sunfish:

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

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



## Lake Raymond Gary

### Flathead Catfish:

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

Sensitive Population:	Two meals per months all lengths
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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, Redear Sunfish, White Crappie

## Rush Lake

### Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
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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, Black Crappie, Green Sunfish, Redear Sunfish

## Sahoma

### 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 under 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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## Sahoma (Continued)

### Stripped Bass Hybrid:

Sensitive Population:	Two meals per month all sizes
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 16-19 inches No meals per month 19 inches and over
General Population:	No restriction under 19 inches Two meals per month 19-22 inches No meals per month 22 inches and over

### 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 14-18 inches No meals per month 18 inches and over

### Spotted Bass:

Sensitive Population:	No restriction under 10 inches Two meals per month 10-12 inches No meals per month 18 inches and over
General Population:	No restriction under 12 inches Two meals per month 12 inches and over

### Walleye:

Sensitive Population:	No restriction under 21 inches Two meals per month 21 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, White Crappie

## Schooler Lake

### Largemouth Bass:

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

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

## Shell Lake

### Flathead Catfish:

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

### Largemouth Bass:

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

### Spotted Bass:

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

## Skiatook Lake

### Largemouth Bass:

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

### Smallmouth Bass:

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

## **Skiatook Lake (Continued)**

### **Striped/Hybrid Bass:**

<b>Sensitive Population:</b>	No restriction under 18 inches Two meals per month 18 inches and over
<b>General Population:</b>	No restriction

### **White Bass:**

<b>Sensitive Population:</b>	Two meals per month all lengths
<b>General Population:</b>	No restriction

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

## **Sportsman Lake**

### **Channel Catfish:**

<b>Sensitive Population:</b>	No restriction under 20 inches Two meals per month 20 inches and over
<b>General Population:</b>	No restriction

### **Largemouth Bass:**

<b>Sensitive Population:</b>	No restriction under 16 inches Two meals per month 16-20 inches No meals per month 20 inches and over
<b>General Population:</b>	No restriction under 20 inches Two meals per month 20 inches and over

### **Spotted Bass:**

<b>Sensitive Population:</b>	No restriction under 15 inches Two meals per month 15-17 inches No meals per month 17 inches and over
<b>General Population:</b>	No restriction under 17 inches Two meals per month 17 inches and over

No other fish were sampled in this lake

## Stillwell City

### 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

### Largemouth Bass:

Sensitive Population:	No restriction under 16 inches Two meals per month 16-21 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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### 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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The following fish were sampled and found to be safe for consumption:  
Channel Catfish, Flathead 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 21-32 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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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:

Black Crappie, Bluegill Sunfish, Redear Sunfish, Channel Catfish

## Tom Steed

### Flathead 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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### Spotted Bass:

Sensitive Population:	No restriction under 15 inches Two meals per month 15 inches and over
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General Population:	No restriction
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### White 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, Largemouth Bass, Saugeye, White Crappie

## Waurika Reservoir

### 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:	Consumption not recommended
General Population:	Two meals per month under 17 inches No meals per month 17 inches and over

### Spotted Bass:

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

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

## Wetumka Lake

### 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
General Population:	No restriction under 28 inches 2 meals per month 28 inches and over

### Largemouth Bass:

Sensitive Population:	No restriction under 15 inches Two meals per month 15-21 inches No meals per month 21 inches and over
General Population:	No restriction under 21 inches 2 meals per month 21 inches and over

### Spotted Bass:

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

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

Channel Catfish

## Wewoka Lake

### Blue Catfish:

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

### Flathead Catfish:

Sensitive Population:	No restriction under 21 inches Two meals per month 21-29 inches No meals per month 29 inches and over
General Population:	No restriction under 29 inches 2 meals per month 29 inches and over



### **Largemouth Bass:**

<b>Sensitive Population:</b>	No restriction under 17 inches Two meals per month 17 inches and over
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<b>General Population:</b>	No restriction
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### **Saugeye:**

<b>Sensitive Population:</b>	No restriction under 21 inches Two meals per month 21 inches and over
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<b>General Population:</b>	No restriction
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### **Spotted Bass:**

<b>Sensitive Population:</b>	No restriction under 12 inches Two meals per month 12 inches and over
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<b>General Population:</b>	No restriction
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The following fish were sampled and found to be safe for consumption: Channel Catfish

## **Lake Wister**

### **Blue Catfish:**

<b>Sensitive Population:</b>	No restriction under 22 inches Two meals per month 22-34 inches No meals per month 34 inches and over
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<b>Sensitive Population:</b>	No restriction under 34 inches Two meals per month 34 inches and over
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### **Flathead Catfish:**

<b>Sensitive Population:</b>	Two meals per month all lengths
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<b>General Population:</b>	No restriction
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### **Largemouth Bass:**

<b>Sensitive Population:</b>	Two meals per month 14-16 inches No meals per month 16 inches and over
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<b>General Population:</b>	No restriction under 16 inches 2 meals per month 16-20 inches No meals per month 20 inches and over
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## Lake Wister (Continued)

### Spotted Bass:

<b>Sensitive Population:</b>	No restriction under 10 inches Two meals per month 10-13 inches No meals per month 13 inches and over
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<b>General Population:</b>	No restriction under 13 inches Two meals per month 13 inches and over
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### White Crappie:

<b>Sensitive Population:</b>	No restriction under 12 inches Two meals per month 12 inches and over
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<b>General Population:</b>	No restriction
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The following fish were sampled and found to be safe for consumption: Black Crappie, Bluegill Sunfish, Channel Catfish



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