

Mercury in Fish



A Guide to Healthy Fish
Consumption in Oklahoma



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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 of mercury contamination. The Oklahoma Department of Environmental Quality (DEQ) encourages Oklahomans to go fishing and enjoy eating the fish they catch. Just keep in mind that not all fish should be eaten in unlimited amounts. By following these guidelines, you can make safe, informed choices for you and your family and still enjoy the sport of fishing.

Source of the Problem

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

Catching Fish

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

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

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

Advisory Information

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

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

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

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

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

Advisories are based on consumption amounts of:

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

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

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

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

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

Advice for the General Population:

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

Advice for the Sensitive Population:

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

Advisory Information

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

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.

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.

- Bell Cow Lake
- Chandler Lake
- Dripping Springs Lake
- Lake Ellsworth
- Lake Eucha
- Ft. Cobb
- Ft. Gibson
- Foss Reservoir
- Lake Fuqua
- Grand Lake
- Guthrie City Lake
- Lake Hefner
- Holdenville Lake
- Lake Hudson
- John Wells Lake
- Lake Konawa
- Keystone Reservoir
- Lake Lawtonka
- New Spiro Lake
- Okemah Lake
- Okmulgee Lake
- Lake Oolagah
- Lake Overholser
- Robert S. Kerr Reservoir
- Shawnee Twin Lakes
- Sooner Lake
- Lake Spavinaw
- Lake Talawanda #1
- Lake Tenkiller
- Lake Texoma
- Lake Thunderbird
- Lake WD Mayo
- Wes Watkins Reservoir

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

Your Drinking Water is Safe:

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

Mercury Cycle



*Sources can be local, regional, and global

Contact Information:

For more information, call (866) 412-3057 or email: fishadvisory@deq.ok.gov and visit the DEQ website at: <http://www.deq.state.ok.us>.

Arbuckle Lake

Flathead Catfish:

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

White Bass:

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

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

Atoka Lake

Channel Catfish:

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

Largemouth Bass:

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

Spotted Bass:

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

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

Arcadia Lake

Largemouth Bass:

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

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

Birch Reservoir

Black Crappie:

- | | |
|------------------------------|--|
| Sensitive Population: | <ul style="list-style-type: none">● No restriction under 9 inches● Two meals per month 9 to 12 inches● Do not eat 12 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 12 inches● 2 meals per month 12 inches and over |

Channel Catfish:

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

Largemouth Bass:

- | | |
|------------------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● 2 meals per month 14 to 20 inches● Do not eat 20 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 20 inches● Two meals per month 20 inches and over |

Spotted Bass:

- | | |
|------------------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● 2 meals per month 12 inches and under● Do not eat 12 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 12 inches● Two meals per month 12 inches and over |

Birch Reservoir(Continued)

Striped Bass:

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

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

Boomer Lake

Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 18 inches● 2 meals per month 18 inches and over
General Population:	<ul style="list-style-type: none">● No restriction

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

Broken Bow Reservoir

Channel Catfish:

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

Flathead Catfish:

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

Largemouth Bass:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● 2 meals per month under 17 inches● No meals per month 17 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 17 inches● Two meals per month 17 inches and over |

Smallmouth Bass:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● 2 meals per month 14 to 16 inches● No meals per month 16 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 16 inches● Two meals per month 16 inches and over |

Spotted Bass:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● 2 meals per month under 13 inches● No meals per month 13 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 13 inches● 2 meals per month 13 inches and over |

Striped/Hybrid Bass:

- | | |
|-----------------------|--|
| Sensitive Population: | <ul style="list-style-type: none">● Do not eat |
| General Population: | <ul style="list-style-type: none">● Do not eat |

Walleye:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● Do not eat |
| General Population: | <ul style="list-style-type: none">● Two meals per month 14 to 18 inches● No meals per month 18 inches and over |

White Bass:

- | | |
|-----------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● Do not eat |
| General Population: | <ul style="list-style-type: none">● No restriction under 12 inches● 2 meals per month 12 inches and over |

Broken Bow Reservoir(Continued)

White Crappie:

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

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

Canton Reservoir

Largemouth Bass:

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

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

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

Lake Carl Albert

Black Crappie:

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

Largemouth Bass:

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

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

Lake Carl Blackwell

Flathead Catfish:

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

Largemouth Bass:

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

Saugeye:

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

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

Cedar Lake (Le Flore County)

Largemouth Bass:

Sensitive Population: ● Two meals per month 14 inches and over

General Population: ● No restriction

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

Clayton Lake

Black Crappie:

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

General Population: ● No restriction

Largemouth Bass:

Sensitive Population: ● Two meals per month 14-17 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:
Channel Catfish

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

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

Largemouth Bass:

Sensitive Population: ● Two meals per month all lengths

General Population: ● No restriction

White Crappie:

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

General Population: ● No restriction

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

General Population: ● No restriction

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

General Population: ● No restriction

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:
White Crappie, Channel Catfish, White Bass

Draper Lake

Largemouth Bass:

Sensitive Population: ● Two meals per month 14 inches and over

General Population: ● No restriction

Spotted Bass:

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

General Population: ● No restriction

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

Dripping Springs Lake

Largemouth Bass:

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

General Population: ● No restriction

No other fish were sampled in this lake

Elmer Thomas Lake

Largemouth Bass:

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

General Population: ● No restriction

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

El Reno Lake

Largemouth Bass:

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

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

Lake Eufaula

Blue Catfish:

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

Channel Catfish:

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

Flathead Catfish:

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

Largemouth Bass:

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

Spotted Bass:

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

Lake Eufaula(Continued)

White Bass:

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

The following fish were sampled and found to be safe for consumption: Black Crappie, Bluegill Sunfish, Common Carp, Redear Sunfish, Smallmouth Bass, Smallmouth Buffalo, White Crappie

Fort Supply Reservoir

Largemouth Bass:

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

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

Greenleaf Reservoir

Largemouth Bass:

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

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

Lake Heyburn

Bluegill Sunfish:

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

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

- General Population:**
- No restriction under 22 inches
 - Two meals per month 22 to 27 inches
 - No meals per month 27 inches and over

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

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

Flathead Catfish:

- Sensitive Population:**
- 2 meals per month under 21 inches
 - No meals per month 21 inches and over

- General Population:**
- No restriction under 21 inches
 - Two meals per month 21 to 27 inches
 - No meals per month 27 inches and over

Largemouth Bass:

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

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

White Crappie:

- Sensitive Population:**
- No restriction under 11 inches
 - Two meals per month 11 inches and over

- Sensitive Population:**
- No restriction

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

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:**
- Do not eat all lengths

- 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

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

Channel Catfish:

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

Largemouth Bass:

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

No other fish were sampled in this lake

Lone Chimney Lake

Largemouth Bass:

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

Flathead Catfish:

Sensitive Population:	<ul style="list-style-type: none">● Two meals per month for all lengths
General Population:	<ul style="list-style-type: none">● No restriction

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

Channel Catfish

Lake McAlester

Largemouth Bass:

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

General Population: ● DO NOT EAT

Largemouth Bass:

Sensitive Population: ● DO NOT EAT

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: ● DO NOT EAT

General Population: ● DO NOT EAT

Smallmouth Bass:

Sensitive Population: ● DO NOT EAT

General Population: ● No meals per month 14 inches and over

McGee Creek Reservoir(Continued)

White Bass:

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

White Crappie:

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

Lake McMurtry

Flathead Catfish:

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

Meeker Lake

Blue Catfish:

Sensitive Population:	● No restriction under 20 inches ● Two meals per month 20-26 inches ● No meals per month 26 inches and over
General Population:	● No restriction under 26 inches ● Two meals per month 26 inches and over

Largemouth Bass:

Sensitive Population:

- Two meals per month 14-17 inches
- No meals per month 17 inches and over

General Population:

- 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



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



Largemouth Bass:

Sensitive Population:

- No restriction under 15 inches
- Two meals per month 15 inches and over

General Population:

- No restriction

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

Lake Ozzie Cobb

Largemouth Bass:

Sensitive Population:

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

General Population:

- No restriction under 18 inches
- Two meals per month 18 inches and over

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

Lake Pawnee

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, Common Carp

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

- General Population:**
- No restriction

Channel Catfish:

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

- General Population:**
- No restriction

Largemouth Bass:

- Sensitive Population:**
- DO NOT EAT

- General Population:**
- DO NOT EAT

Saugeye:

- Sensitive Population:**
- Two meals per month 14-19 inches
 - No meals per month 19 inches and over

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

Spotted Bass:

- Sensitive Population:**
- No restriction under 11 inches
 - Two meals per month 11-14 inches
 - No meals per month 14 inches and over

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

Pine Creek Reservoir (Continued)

White Bass:

Sensitive Population:

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

General Population:

- No restriction

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

Quanah 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:

- No restriction under 10 inches
- Two meals per month 10-17 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:

- DO NOT EAT

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

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:
Bluegill Sunfish, Black Crappie, Green Sunfish, Redear Sunfish

Channel Catfish:

- Sensitive Population:**
- No restriction under 16 inches
 - Two meals per month 16-19 inches
 - Two 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:**
- DO NOT EAT

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

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

Shell Lake

Flathead Catfish:

Sensitive Population:	<ul style="list-style-type: none">● Two meals per month all lengths
General Population:	<ul style="list-style-type: none">● No restriction

Largemouth Bass:

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

Spotted Bass:

Sensitive Population:	<ul style="list-style-type: none">● Two meals per month all lengths
General Population:	<ul style="list-style-type: none">● No restriction

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

Skiatook Lake

Flathead Catfish:

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

Largemouth Bass:

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

Skiatook Lake(Continued)

Smallmouth Bass:

Sensitive Population:

- No restriction under 15 inches
- Two meals per month 15-18 inches
- No meals per month 18 inches and over

General Population:

- No restriction under 18 inches
- Two meals per month 18 inches and over

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

Spotted Bass

Sportsman Lake

Channel Catfish:

Sensitive Population:

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

General Population:

- No restriction

Largemouth Bass:

Sensitive Population:

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

General Population:

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

Spotted Bass:

Sensitive Population:

- No restriction under 15 inches
- Two meals per month 15-17 inches
- No meals per month 17 inches and over

General Population:

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

No other fish were sampled in this lake

Stroud Lake

Largemouth Bass:

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

White Bass:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 8 inches● Two meals per month 8-13 inches● No meals per month 13 inches and over
General Population:	<ul style="list-style-type: none">● No restriction under 13 inches● Two meals per month 13 inches and over

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

Lake Talawanda # 2

Largemouth Bass:

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

No other fish were sampled in this lake

Waurika Reservoir

Blue Catfish:

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

Waurika Reservoir(Continued)

Flathead Catfish:

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

Largemouth Bass:

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

Spotted Bass:

Sensitive Population:	<ul style="list-style-type: none">● Two meals per month for all lengths
General Population:	<ul style="list-style-type: none">● No restriction

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

Lake Wayne Wallace

Channel Catfish:

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

Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none">● Two meals per month 14-16 inches● No meals per month 16 inches and over
General Population:	<ul style="list-style-type: none">● No restriction under 16 inches● Two meals per month 16 inches and over

White Crappie:

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

No other fish were sampled in this lake

Wetumka Lake

Flathead Catfish:

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

Largemouth Bass:

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

Spotted Bass:

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

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

Wewoka Lake

Blue Catfish:

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

Wewoka Lake(Continued)

Flathead Catfish:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 21 inches● Two meals per month 21-29 inches● No meals per month 29 inches and over
General Population:	<ul style="list-style-type: none">● No restriction under 29 inches● 2 meals per month 29 inches and over

Largemouth Bass:

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

Saugeye:

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

Spotted Bass:

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

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

Lake Wister

Blue Catfish:

Sensitive Population:	<ul style="list-style-type: none">● No restriction under 22 inches● Two meals per month 22-34 inches● No meals per month 34 inches and over
Sensitive Population:	<ul style="list-style-type: none">● No restriction under 34 inches● Two meals per month 34 inches and over

Flathead Catfish:

Sensitive Population:	<ul style="list-style-type: none">● Two meals per month all lengths
General Population:	<ul style="list-style-type: none">● No restriction

Largemouth Bass:

- | | |
|------------------------------|---|
| Sensitive Population: | <ul style="list-style-type: none">● Two meals per month 14-16 inches● No meals per month 16 inches and over |
| General Population: | <ul style="list-style-type: none">● No restriction under 16 inches● 2 meals per month 16-20 inches● No meals per month 20 inches and over |

Spotted Bass:

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

White Crappie:

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

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



Mercury in Fish

