

2026 Mercury in Fish



A Guide to Healthy Fish Consumption in Oklahoma

Oklahoma Department of Environmental Quality



OKLAHOMA
Environmental
Quality

Contents

What You Need to Know	1
Mercury Cycle	4
Advisory Information	5
Arbuckle, Arcadia, Atoka	6
Bell Cow, Birch	7
Bixhoma	8
Boomer, Broken Bow	9
Canton, Carl Albert	10
Carl Blackwell, Carlton	11
Cedar, Chandler, Clayton	12
Cleveland, Coalgate	13
Copan, Cushing, Dripping Springs	14
El Reno, Ellsworth	15
Elmer Thomas, Eucha, Eufaula, Foss	16
Fort Cobb, Fort Gibson, Fort Supply, Frederick	17
Fuqua, Grand Lake of the Cherokees	18
Greenleaf, Guthrie, Hefner, Heyburn	19
Holdenville	20
Hominy, Hudson, Hugo	21
Hulah	22
Jean Neustadt, John Wells, Kaw	23
Keystone	24
Konawa, Lawtonka	25
Lloyd Church, Lone Chimney, McAlester	26
McGee Creek	27
McMurtry, Meeker	28
Murray, Nanih Waiya, New Spiro	29
Okemah, Okmulgee	30
Oologah, Overholser, Ozzie Cobb	31
Pawnee, Pine Creek	32
Ponca, Prague	33
Quanah Parker, Raymond Gary, Robert S. Kerr	34
Rush, Sahoma	35
Sardis, Schooler	36
Shawnee Twin #1 and #2, Shell	37
Skiatook	38
Sooner, Spavinaw, Sportsman	39
Stanley Draper	40
Stillwell, Stroud, Talawanda #1	41
Talawanda #2, Tenkiller	42
Texoma, Thunderbird	43
Tom Steed, Wayne Wallace	44
Waurika, W.D. Mayo, Wes Watkins	45
Wetumka, Wewoka, Wister	46
Oklahoma City Zoo	47

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 into the atmosphere through man-made activities such as mining, manufacturing, coal-fired utilities, sewage releases, landfills and industries or from natural processes such as forest fires, volcanic eruptions, erosion or the weathering of rocks. Mercury 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. This process is referred to as deposition. When moving through the environment, mercury goes through a series of complex changes (see illustration on page 4). When these changes occur in lakes, ponds and rivers, some of the mercury can be converted into an organic form referred to as methyl mercury. Methyl mercury enters the food chain and bio-accumulates mostly in predator species of fish. It can then be passed on to people who eat these fish.

Health Impacts from Mercury Exposure

Mercury mostly impacts nerve cells in the brain and spinal cord, especially in unborn babies and young children. The more mercury that enters into a person's body, the longer the exposure time and the younger the person, the more severe the effects are likely to be. Mercury is most harmful to the developing brains of unborn children and young children. Mercury can interfere with

the way nerve cells move into position as the brain develops, resulting in abnormal brain development. Prenatal exposure to mercury can affect the way children think, learn and problem-solve later in life. Negative impacts can also occur in adults at much higher doses. The earliest obvious signs of mercury poisoning in adults are tingling or numbness of the lips, tongue, fingers, or toes; fatigue; and blurred vision.

Catching Fish

Some fish contain unsafe levels of mercury. The amount of mercury in fish varies depending on the type of fish; their size, weight and age; what they eat; and where they live.

It is impossible to visually determine whether fish in a lake, pond, or stream are safe to eat without testing the fish that are being caught and consumed. It is important to read DEQ's fish consumption guidelines before eating fish caught in Oklahoma's waterways. To reduce health risks, please follow these guidelines:

- ***Eat younger, smaller non-predatory fish.***
- ***Eat species of fish that are known to have lower concentrations of mercury such as Black Crappie, Channel Catfish, Rainbow Trout, Sunfish (Bluegill, Green, Redear, Longear and Warmouth) and White Crappie.***

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.

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 harmful 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:

If a lake has not been sampled, women of child-bearing age, nursing mothers, pregnant women and children up to the age of

15 should eat no more than one meal per week of predator fish. Predator fish include Flathead Catfish, Hybrid Striped Bass, Largemouth Bass, Saugeye, Smallmouth Bass, Spotted Bass, Striped Bass, Walleye and White Bass.

The Good News

Fish provides many health benefits and is an important part of a balanced diet. Fish is a good source of protein and is high in omega-3 fatty acids, vitamins, nutrients and minerals.

The EPA and FDA recommend that women who are or may become pregnant, nursing mothers and children starting at the age of two eat 8 to 12 ounces of non-predatory fish species per week, unless there is a consumption advisory that has been issued for a specific lake.

Unless lake-specific advisories are in place, Black Crappie, Channel Catfish, Rainbow Trout, Sunfish (Bluegill, Green, Longear and Warmouth) and White Crappie are all good low-mercury choices. Occasionally eating fish, such as on an annual vacation that has recommended consumption limits does not pose a significant health risk.

The fish in these Oklahoma lakes with no advisories have been tested and have lower levels of mercury. Fish from these lakes can be eaten often without excessive exposure to mercury.

Arcadia	Fort Gibson	Robert S. Kerr
Canton	Grand	Spavinaw
El Reno	Guthrie	W.D. Mayo
Ellsworth	Hudson	Wes Watkins
Eucha	Konawa	Oklahoma City Zoo
Foss	New Spiro	
Fort Cobb	Oologah	

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 drinking your city's or rural water supply's drinking water are both safe activities.

Mercury Cycle



**Sources can be local, regional and global*

Advisory Information

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

****Attention:** Our recommendations and advisories are based on the data that DEQ collects and do not factor in the Oklahoma Wildlife Department's (ODWC) daily size limit regulations that may be in effect. Please check Oklahoma's Department of Wildlife Conservation for state and local regulations that might apply.

<https://www.wildlifedepartment.com/fishing/regs/statewide-daily-size-limits>

NOTE: Meal size equals 8 ounces, which is equal to 1/2 pound of fish. The following pages describe safe guidelines for eating 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

There are three levels of advisories, which are:

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

Two meals per month: Eat no more than two meals per month of fish in the size ranges listed. Fish smaller than the size ranges listed have no advisories.

Eating fish over (X) inches is not recommended: Do not eat fish over the size range listed.

Contact Information:

For more information, call (866) 412-3057 or email: selsd@deq.ok.gov and visit the DEQ website at:

www.deq.ok.gov.

Arbuckle

Largemouth Bass:

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

Sensitive Population:	No advisory under 12 inches Two meals per month 12 inches and over
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General Population:	No advisory
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The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish, Flathead Catfish, Redear Sunfish, Smallmouth Bass, Spotted Bass and White Crappie

Arcadia

No Advisories

The following fish species were sampled and are safe to eat: Blue Catfish, Bluegill Sunfish, Channel Catfish, Flathead Catfish, Largemouth Bass, Saugeye, White Bass and White Crappie

Atoka

Blue Catfish:

Sensitive Population:	Two meals per month all sizes
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General Population:	No advisory
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Flathead Catfish:

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

Sensitive Population:	No advisory under 15 inches Two meals per month 15 inches and over
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General Population:	No advisory
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The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Spotted Bass and White Crappie

Bell Cow

Flathead Catfish:

Sensitive Population:	No advisory under 46 inches Two meals per month 46 inches and over
General Population:	No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Largemouth Bass, Spotted Bass, White Bass and White Crappie

Birch

Black Crappie:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Blue Catfish:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Flathead Catfish:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Hybrid Striped Bass:

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

Largemouth Bass:

Sensitive Population:	Two meals per month under 17 inches Eating fish over 17 inches is not recommended
General Population:	No advisory under 17 inches Two meals per month 17 inches and over

Spotted Bass:

Sensitive Population:	Two meals per month under 15 inches Eating fish over 15 inches is not recommended
General Population:	No advisory under 15 inches Two meals per month 15 inches and over

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish and White Crappie

Bixhoma

Black Crappie:

Sensitive Population:	No advisory under 9 inches Two meals per month 9 inches and over
General Population:	No advisory

Bluegill Sunfish:

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

Largemouth Bass:

Sensitive Population:	Eating fish is not recommended
General Population:	No advisory under 14 inches Two meals per month 14 inches and over

Spotted Bass:

Sensitive Population:	Eating fish is not recommended
General Population:	Two meals per month all sizes

The following fish species were sampled and are safe to eat: Redear Sunfish

Boomer

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Channel Catfish and Flathead Catfish

Broken Bow

Black Crappie:

Sensitive Population:	No advisory under 13 inches Two meals per month 13 inches and over
General Population:	No advisory

Bluegill Sunfish:

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

Flathead Catfish:

Sensitive Population:	Two meals per month under 28 inches Eating fish over 28 inches is not recommended
General Population:	No advisory under 28 inches Two meals per month 28 inches and over

Largemouth Bass:

Sensitive Population:	Two meals per month under 15 inches Eating fish over 15 inches is not recommended
General Population:	No advisory under 15 inches Two meals per month 15 inches and over

Smallmouth Bass:

Sensitive Population:	Two meals per month under 15 inches Eating fish over 15 inches is not recommended
General Population:	Two meals per month under 17 inches Eating fish over 17 inches is not recommended

Spotted Bass:

Sensitive Population:	Two meals per month under 13 inches Eating fish over 13 inches is not recommended
General Population:	No advisory under 13 inches Two meals per month 13 inches and over

Walleye:

Sensitive Population:	Two meals per month under 17 inches Eating fish over 17 inches is not recommended
General Population:	No advisory under 17 inches Two meals per month 17 inches and over

White Bass

Sensitive Population:	Two meals per month under 13 inches Eating fish over 13 inches is not recommended
General Population:	No advisory under 13 inches Two meals per month 13 inches and over

White Crappie:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Channel Catfish and Redear Sunfish

Canton

No Advisories

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish, Flathead Catfish, Largemouth Bass, Walleye, White Bass and White Crappie

Carl Albert

Black Crappie:

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

Carl Albert (continued)

Channel Catfish:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Largemouth Bass:

Sensitive Population:	Two meals per month under 14 inches Eating fish over 14 inches is not recommended
General Population:	No advisory under 14 inches Two meals per month 14 to 19 inches Eating fish over 19 inches is not recommended

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Redear Sunfish and Warmouth Sunfish

Carl Blackwell

Saugeye:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Flathead Catfish, Hybrid Striped Bass, Largemouth Bass, White Bass and White Crappie

Carlton

Largemouth Bass:

Sensitive Population:	Two meals per month under 21 inches Eating fish over 21 inches is not recommended
General Population:	No advisory under 21 inches Two meals per month 21 inches and over

White Crappie:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Longear Sunfish and Redear Sunfish

Cedar (LeFlore County)

Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Warmouth Sunfish:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish and Redear Sunfish

Chandler

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Channel Catfish and Flathead Catfish

Clayton

Black Crappie:

Sensitive Population:	No advisory under 11 inches Two meals per month 11 inches and over
General Population:	No advisory

Clayton (continued)

Largemouth Bass:

Sensitive Population:	Two meals per month under 13 inches Eating fish over 13 inches is not recommended
General Population:	No advisory under 13 inches Two meals per month 13 to 19 inches Eating fish over 19 inches is not recommended

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish and Redear Sunfish

Cleveland

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Channel Catfish and White Crappie

Coalgate

Blue Catfish:

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

Flathead Catfish:

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

Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: White Crappie

Copan

Flathead Catfish:

Sensitive Population:	No advisory under 44 inches Two meals per month 44 inches and over
General Population:	No advisory

Largemouth Bass:

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

Spotted Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Bluegill Sunfish, Channel Catfish, White Bass and White Crappie

Cushing

Flathead Catfish:

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

The following fish species were sampled and are safe to eat: Channel Catfish, Largemouth Bass, White Bass and White Crappie

Dripping Springs

Channel Catfish:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Flathead Catfish:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Dripping Springs (continued)

Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Spotted Bass:

Sensitive Population:	No advisory under 11 inches Two meals per month 11 inches and over
General Population:	No advisory

White Bass:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish and Redear Sunfish

El Reno

No Advisories

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Flathead Catfish, Largemouth Bass, Saugeye and White Crappie

Ellsworth

No Advisories

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Blue Catfish, Channel Catfish, Flathead Catfish, Largemouth Bass, Spotted Bass, White Bass and White Crappie

Elmer Thomas

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish and Redear Sunfish

Eucha

No Advisories

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Flathead Catfish and Largemouth Bass

Eufaula

Flathead Catfish:

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

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Bluegill Sunfish, Channel Catfish, Green Sunfish, Redear Sunfish, Spotted Bass, White Bass and White Crappie

Foss

No Advisories

The following fish species were sampled and are safe to eat: Channel Catfish, Flathead Catfish, Largemouth Bass and White Bass

Fort Cobb

No Advisories

The following fish species were sampled and are safe to eat: Blue Catfish, Bluegill Sunfish, Channel Catfish, Flathead Catfish, Largemouth Bass, Smallmouth Bass, White Bass and White Crappie

Fort Gibson

No Advisories

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Channel Catfish, Flathead Catfish, Hybrid Striped Bass, Largemouth Bass, Spotted Bass White Bass and White Crappie

Fort Supply

Largemouth Bass:

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

White Bass:

Sensitive Population:	No advisory under 13 inches Two meals per month 13 inches and over
General Population:	No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Flathead Catfish, Walleye and White Crappie

Frederick

Blue Catfish:

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

Flathead Catfish:

Sensitive Population:	No advisory under 24 inches Two meals per month 24 inches and over
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General Population:	No advisory
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Largemouth Bass:

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

Sensitive Population:	Two meals per month all sizes
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General Population:	No advisory
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The following fish species were sampled and are safe to eat: White Crappie

Fuqua

Largemouth Bass:

Sensitive Population:	No advisory under 24 inches Two meals per month 24 inches and over
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General Population:	No advisory
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The following fish species were sampled and are safe to eat: Bluegill Sunfish, Flathead Catfish and White Crappie

Grand Lake of the Cherokees

No Advisories

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish, Largemouth Bass, Redear Sunfish, Spotted Bass, White Bass and White Crappie

Greenleaf

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish and Redear Sunfish

Guthrie

No Advisories

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Largemouth Bass and White Crappie

Hefner

Flathead Catfish:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Largemouth Bass and White Bass

Heyburn

Blue Catfish:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Channel Catfish:

Sensitive Population:	Two meals per month under 22 inches Eating fish over 22 inches is not recommended
General Population:	No advisory under 22 inches Two meals per month 22 to 26 inches Eating fish over 26 inches is not recommended

Flathead Catfish:

Sensitive Population:	Two meals per month under 27 inches Eating fish over 27 inches is not recommended
General Population:	No advisory under 27 inches Two meals per month 27 inches and over

Largemouth Bass:

Sensitive Population:	Two meals per month under 15 inches Eating fish over 15 inches is not recommended
General Population:	Two meals per month under 19 inches Eating fish over 19 inches is not recommended

White Crappie:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish

Holdenville

Blue Catfish:

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

Largemouth Bass:

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

Spotted Bass:

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

The following fish species were sampled and are safe to eat: Channel Catfish, Flathead Catfish, White Bass and White Crappie

Hominy

Flathead Catfish:

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

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Channel Catfish, Redear Sunfish, Spotted Bass and White Crappie

Hudson

No Advisories

The following fish species were sampled and are safe to eat: Black Crappie, Channel Catfish, Flathead Catfish, Hybrid Striped Bass, Largemouth Bass, Spotted Bass, White Bass and White Crappie

Hugo

Black Crappie:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Blue Catfish:

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

Bowfin:

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

Channel Catfish:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Flathead Catfish:

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

Largemouth Bass:

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

Spotted Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

White Bass:

Sensitive Population:	Two meals per month under 12 inches Eating fish over 12 inches is not recommended
General Population:	No advisory under 12 inches Two meals per month 12 to 16 inches Eating fish over 16 inches is not recommended

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

Hulah

Flathead Catfish:

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

Largemouth Bass:

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

Hulah (continued)

White Crappie:

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

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Channel Catfish and White Bass

Jean Neustadt

Saugeye:

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

The following fish species were sampled and are safe to eat: Black Crappie, Channel Catfish, Flathead Catfish, Largemouth Bass and Spotted Bass

John Wells

Flathead Catfish:

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

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Redear Sunfish

Kaw

Blue Catfish:

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

Flathead Catfish:

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

Largemouth Bass:

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

White Crappie:

Sensitive Population:	No advisory under 13 inches Two meals per month 13 inches and over
General Population:	No advisory

The following fish species were sampled and are safe to eat: Channel Catfish, Spotted Bass and White Bass

Keystone

Blue Catfish:

Sensitive Population:	No advisory under 32 inches Two meals per month 32 inches and over
General Population:	No advisory

Flathead Catfish:

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

Largemouth Bass:

Sensitive Population:	No advisory under 18 inches Eating fish over 18 inches is not recommended
General Population:	No advisory

Keystone (continued)

White Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Channel Catfish, Striped Bass and White Crappie

Konawa

No Advisories

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Flathead Catfish, Largemouth Bass, Redear Sunfish and White Crappie

Lawtonka

Largemouth Bass:

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

Saugeye:

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

Smallmouth Bass:

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

White Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish, Flathead Catfish and White Crappie

Lloyd Church

Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Green Sunfish, Longear Sunfish, Redear Sunfish, Warmouth Sunfish and White Crappie

Lone Chimney

Flathead Catfish:

Sensitive Population:	No advisory under 19 inches Two meals per month 19 to 34 inches Eating fish over 34 inches is not recommended
General Population:	No advisory under 34 inches Two meals per month 34 inches and over

Largemouth Bass:

Sensitive Population:	Two meals per month under 17 inches Eating fish over 17 inches is not recommended
General Population:	No advisory under 17 inches Two meals per month 17 inches and over

White Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Channel Catfish and White Crappie

McAlester

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Blue Catfish, Bluegill Sunfish, Channel Catfish and White Crappie

McGee Creek

Flathead Catfish:

Sensitive Population: Two meals per month all sizes

General Population: No advisory

Largemouth Bass:

Sensitive Population: Two meals per month under 17 inches
Eating fish over 17 inches is not recommended

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

Redear Sunfish:

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

General Population: No advisory

Smallmouth Bass:

Sensitive Population: Eating fish is not recommended

General Population: Two meals per month under 15 inches
Eating fish over 15 inches is not recommended

Spotted Bass:

Sensitive Population: Two meals per month under 15 inches
Eating fish over 15 inches is not recommended

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

White Bass:

Sensitive Population: Two meals per month under 12 inches
Eating fish over 12 inches is not recommended

General Population: Two meals per month under 14 inches
Eating fish over 14 inches is not recommended

White Crappie:

Sensitive Population: Two meals per month under 11 inches
Eating fish over 11 inches is not recommended

General Population: No advisory under 11 inches
Two meals per month 11 inches and over

The following fish species were sampled and are safe to eat: Bluegill Sunfish and Channel Catfish

McMurtry

Flathead Catfish:

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

General Population: No advisory

Largemouth Bass:

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

General Population: No advisory

White Bass:

Sensitive Population: Two meals per month under 16 inches
Eating fish over 16 inches is not recommended

General Population: No advisory

The following fish species were sampled and are safe to eat: Black Crappie, Channel Catfish and White Crappie

Meeker

Blue Catfish:

Sensitive Population: No advisory under 20 inches
Two meals per month 20 to 30 inches
Eating fish over 30 inches is not recommended

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

Meeker (continued)

Largemouth Bass:

Sensitive Population: Two meals per month under 19 inches
Eating fish over 19 inches is not recommended

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

The following fish species were sampled and are safe to eat: White Crappie

Murray

Largemouth Bass:

Sensitive Population: Two meals per month under 18 inches

General Population: No advisory

Smallmouth Bass:

Sensitive Population: Two meals per month all sizes

General Population: No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish and Redear Sunfish

Nanah Waiya

Largemouth Bass:

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

General Population: No advisory

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish and Redear Sunfish

New Spiro

No Advisories

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Bowfin, Channel Catfish, Largemouth Bass, Redear Sunfish and White Crappie

Okemah

Channel Catfish:

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

General Population: No advisory

Flathead Catfish:

Sensitive Population: No advisory under 20 inches
Two meals per month 20 to 30 inches
Eating fish over 30 inches is not recommended

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

Largemouth Bass:

Sensitive Population: Two meals per month under 17 inches
Eating fish over 17 inches is not recommended

General Population: No advisory under 17 inches
Two meals per month 17 to 20 inches
Eating fish over 20 inches is not recommended

White Crappie:

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

General Population: No advisory

The following fish species were sampled and are safe to eat: Redear Sunfish

Okmulgee

Flathead Catfish:

Sensitive Population: Two meals per month under 38 inches

General Population: No advisory

Okmulgee (continued)

Largemouth Bass:

Sensitive Population:	Two meals per month under 16 inches Eating fish over 16 inches is not recommended
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General Population:	No advisory under 16 inches Two meals per month 16 inches and over
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Spotted Bass:

Sensitive Population:	Two meals per month under 13 inches
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General Population:	No advisory
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The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish and Redear Sunfish

Oologah

No Advisories

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Bluegill Sunfish, Channel Catfish, Flathead Catfish, Largemouth Bass, Spotted Bass, White Bass and White Crappie

Overholser

Hybrid Striped Bass:

Sensitive Population:	No advisory under 29 inches Two meals per month 29 inches and over
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General Population:	No advisory
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The following fish species were sampled and are safe to eat: Blue Catfish, Bluegill Sunfish, Channel Catfish, Flathead Catfish, Largemouth Bass, White Bass and White Crappie

Ozzie Cobb

Largemouth Bass:

Sensitive Population:	Two meals per month under 16 inches Eating fish over 16 inches is not recommended
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General Population:	No advisory under 16 inches Two meals per month 16 inches and over
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Redear Sunfish:

Sensitive Population:	No advisory under 9 inches Two meals per month 9 inches and over
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General Population:	No advisory
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White Crappie:

Sensitive Population:	No advisory under 11 inches Two meals per month under 11 inches
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General Population:	No advisory
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The following fish species were sampled and are safe to eat: Bluegill Sunfish and Channel Catfish

Pawnee

Saugeye:

Sensitive Population:	No advisory under 22 inches Two meals per month 22 inches and over
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General Population:	No advisory
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The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Flathead Catfish, Green Sunfish, Largemouth Bass and White Crappie

Pine Creek

Black Crappie:

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

Sensitive Population:	Two meals per month all sizes
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General Population:	No advisory
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Flathead Catfish:

Sensitive Population:	Two meals per month under 28 inches Eating fish over 28 inches is not recommended
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General Population:	No advisory under 28 inches
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Pine Creek (continued)

Largemouth Bass:

Sensitive Population:	Two meals per month under 16 inches Eating fish over 16 inches is not recommended
General Population:	No advisory under 16 inches Two meals per month 16 inches and over

Spotted Bass:

Sensitive Population:	Two meals per month under 15 inches Eating fish over 15 inches is not recommended
General Population:	No advisory under 15 inches Two meals per month 15 inches and over

White Crappie:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish

Ponca

Flathead Catfish:

Sensitive Population:	No advisory under 34 inches Two meals per month 34 inches and over
General Population:	No advisory

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish, Largemouth Bass, Redear Sunfish, Saugeye and Spotted Bass

Prague

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Channel Catfish

Quanah Parker

Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Warmouth Sunfish:

Sensitive Population:	No advisory under 6 inches Two meals per month 6 inches and over
General Population:	No advisory

Yellow Bullhead Catfish:

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

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish and Redear Sunfish

Raymond Gary

Flathead Catfish:

Sensitive Population:	No advisory under 33 inches Two meals per month 33 inches and over
General Population:	No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Largemouth Bass, Redear Sunfish, Spotted Bass and White Crappie

Robert S. Kerr

No Advisories

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Channel Catfish, Flathead Catfish, Hybrid Striped Bass, Largemouth Bass, Redear Sunfish, Spotted Bass, Striped Bass, White Bass and White Crappie

Rush

Bluegill Sunfish:

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

Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Black Crappie, Green Sunfish, Redear Sunfish and Yellow Bullhead Catfish

Sahoma

Flathead Catfish:

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

Largemouth Bass:

Sensitive Population:	Two meals per month under 18 inches Eating fish over 18 inches is not recommended
General Population:	No advisory under 18 inches Two meals per month 18 inches and over

Striped Bass Hybrid:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Redear Sunfish and White Crappie

Sardis

Channel Catfish:

Sensitive Population:	Two meals per month under 17 inches Eating fish over 17 inches is not recommended
General Population:	No advisory under 17 inches Two meals per month 17 to 22 inches Eating fish over 22 inches is not recommended

Flathead Catfish:

Sensitive Population:	No advisory under 19 inches Two meals per month 19 to 29 inches Eating fish over 29 inches is not recommended
General Population:	No advisory under 29 inches Two meals per month 29 inches and over

Largemouth Bass:

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

Spotted Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Bluegill Sunfish, White Bass and White Crappie

Schooler

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Channel Catfish and Redear Sunfish

Shawnee Twin #1 and #2

Flathead Catfish:

Sensitive Population:	No advisory under 23 inches Two meals per month 23 to 37 inches Eating fish over 37 inches is not recommended
General Population:	No advisory under 37 inches Two meals per month 37 inches and over

Largemouth Bass:

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

Saugeye:

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

Spotted Bass:

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

The following fish species were sampled and are safe to eat: Channel Catfish, White Bass and White Crappie

Shell

Channel Catfish:

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

Flathead Catfish:

Sensitive Population:	No advisory under 32 inches Two meals per month 32 inches and over
General Population:	No advisory

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Spotted Bass and White Crappie

Skiatook

Blue Catfish:

Sensitive Population:	No advisory under 20 inches Two meals per month 20 to 29 inches Eating fish over 29 inches is not recommended
General Population:	No advisory under 29 inches Two meals per month 29 inches and over

Flathead Catfish:

Sensitive Population:	Two meals per month under 23 inches Eating fish over 23 inches is not recommended
General Population:	No advisory under 23 inches Two meals per month 23 inches and over

Hybrid Striped Bass:

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

Smallmouth Bass:

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

Spotted Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Skiatook (continued)

White Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Largemouth Bass, White Crappie and White Perch

Sooner

Flathead Catfish:

Sensitive Population:	No advisory under 25 inches Two meals per month 25 inches and over
General Population:	No advisory

The following fish species were sampled and are safe to eat: Blue Catfish, Hybrid Striped Bass, Largemouth Bass and Redear Sunfish

Spavinaw

No Advisories

The following fish species were sampled and are safe to eat: Black Crappie, Channel Catfish, Flathead Catfish, Largemouth Bass, Spotted Bass, White Bass and White Crappie

Sportsman

Black Crappie

Sensitive Population:	No advisory under 9 inches Two meals per month 9 inches and over
General Population:	No advisory

Blue Catfish:

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

Largemouth Bass:

Sensitive Population:	Two meals per month under 19 inches
General Population:	No advisory

The following fish species were sampled and are safe to eat: Channel Catfish, Flathead Catfish, Redear Sunfish and Spotted Bass

Stanley Draper

Blue Catfish:

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

Flathead Catfish:

Sensitive Population:	No advisory under 17 inches Two meals per month 17 to 23 inches Eating fish over 23 inches is not recommended
General Population:	No advisory under 23 inches Two meals per month 23 to 39 inches Eating fish over 39 inches is not recommended

Largemouth Bass:

Sensitive Population:	Two meals per month under 19 inches Eating fish over 19 inches is not recommended
General Population:	No advisory

Spotted Bass:

Sensitive Population:	Two meals per month 11 inches and over
General Population:	No advisory

White Bass:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Redear Sunfish, Walleye and White Crappie

Stilwell

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie and Channel Catfish

Stroud

Flathead Catfish:

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

White Crappie:

Sensitive Population:	No advisory under 13 inches Two meals per month 13 inches and over
General Population:	No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish and Largemouth Bass

Talawanda # 1

Largemouth Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish and Redear Sunfish

Talawanda # 2

Flathead Catfish:

Sensitive Population:	No advisory under 21 inches Two meals per month 21 to 34 inches Eating fish over 34 inches is not recommended
General Population:	No advisory under 34 inches Two meals per month 34 inches and over

The following fish species were sampled and are safe to eat: Black Crappie, Bluegill Sunfish, Channel Catfish, Largemouth Bass, Redear Sunfish and Spotted Bass

Tenkiller

Flathead Catfish:

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

Largemouth Bass:

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

Smallmouth Bass:

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

Spotted Bass:

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

Tenkiller (continued)

White Bass:

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

The following fish species were sampled and are safe to eat: Black Crappie, Blue Catfish, Bluegill Sunfish, Channel Catfish and White Crappie

Texoma

Striped Bass:

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

The following fish species were sampled and are safe to eat: Blue Catfish, Channel Catfish, Flathead Catfish, Largemouth Bass, Smallmouth Bass, Spotted Bass and White Bass

Thunderbird

Flathead Catfish:

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

Largemouth Bass:

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

Saugeye:

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

The following fish species were sampled and are safe to eat: Blue Catfish, Channel Catfish, Spotted Bass, White Bass and White Crappie

Tom Steed

Flathead Catfish:

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

Largemouth Bass:

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

White Bass:

Sensitive Population:	No advisory under 14 inches Two meals per month 14 to 19 inches Eating fish over 19 inches is not recommended
General Population:	No advisory under 19 inches Two meals per month 19 inches and over

The following fish species were sampled and are safe to eat: Blue Catfish, Bluegill Sunfish, Channel Catfish, Saugeye, Spotted Bass and White Crappie

Wayne Wallace

Flathead Catfish:

Sensitive Population:	Two meals per month under 27 inches Eating fish over 27 inches is not recommended
General Population:	No advisory under 27 inches Two meals per month 27 to 40 inches Eating fish over 40 inches is not recommended

Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Spotted Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Bluegill Sunfish, Channel Catfish, Longear Sunfish, Redear Sunfish and White Crappie

Waurika

Channel Catfish:

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

Spotted Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Blue Catfish, Flathead Catfish, Largemouth Bass, Saugeye, White Bass and White Crappie

W.D. Mayo

No Advisories

The following fish species were sampled and are safe to eat: Blue Catfish, Largemouth Bass and White Bass

Wes Watkins

No Advisories

The following fish species were sampled and are safe to eat: Channel Catfish, Flathead Catfish and Largemouth Bass

Wetumka

Largemouth Bass:

Sensitive Population:	Two meals per month under 19 inches Eating fish over 19 inches is not recommended
General Population:	No advisory under 19 inches Two meals per month 19 inches and over

Spotted Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

The following fish species were sampled and are safe to eat: Channel Catfish and White Crappie

Wewoka

Largemouth Bass:

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

Spotted Bass:

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

The following fish species were sampled and are safe to eat: Flathead Catfish and Saugeye

Wister

Black Crappie:

Sensitive Population:	No advisory under 13 inches Two meals per month 13 inches and over
General Population:	No advisory

Blue Catfish:

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

Wister (continued)

Flathead Catfish:

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

Largemouth Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

Spotted Bass:

Sensitive Population:	Two meals per month all sizes
General Population:	No advisory

White Crappie:

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

The following fish species were sampled and are safe to eat: Bluegill Sunfish and Channel Catfish

Oklahoma City Zoo

No Advisories

The following fish species were sampled and are safe to eat: Black Bullhead Catfish, Bluegill Sunfish, Channel Catfish, Largemouth Bass and Redear Sunfish



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