

# 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](mailto: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"><li>● No restriction under 24 inches</li><li>● Two meals per month for 24 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### White Bass:

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

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

### Largemouth Bass:

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

### Spotted Bass:

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

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

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

### Channel Catfish:

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

### Largemouth Bass:

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

### Spotted Bass:

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

## Birch Reservoir (Continued)

### Striped Bass:

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

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

## Boomer Lake

### Largemouth Bass:

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

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:

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

### Flathead Catfish:

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

## Largemouth Bass:

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

## Smallmouth Bass:

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

## Spotted Bass:

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

## Striped/Hybrid Bass:

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

## Walleye:

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

## White Bass:

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

## Broken Bow Reservoir (Continued)

### White Crappie:

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

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:

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

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:

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

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

### Largemouth Bass:

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

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

### Largemouth Bass:

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

### Saugeye:

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

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

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

### Channel Catfish:

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

### Flathead Catfish:

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

### Largemouth Bass:

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

### Spotted Bass:

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

## Lake Eufaula (Continued)

### White Bass:

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

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

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

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

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

### Largemouth Bass:

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

No other fish were sampled in this lake

## Lone Chimney Lake

### Largemouth Bass:

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

### Flathead Catfish:

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

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"><li>● Two meals per month 14-18 inches</li><li>● No meals per month 18 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 18 inches</li><li>● One meal per month 18 inches and over</li></ul>

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

### 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: | <ul style="list-style-type: none"><li>● Two meals per month 14-17 inches</li><li>● No meals per month 17 inches and over</li></ul>  |
| General Population:   | <ul style="list-style-type: none"><li>● No restriction under 17 inches</li><li>● Two meals per month 17-21 inches</li><li>● No meals per month 21 inches and over</li></ul> |

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



## Largemouth Bass:

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

## Smallmouth Bass:

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

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



## Largemouth Bass:

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

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

### White Crappie:

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

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

## Prague Lake

### Largemouth Bass:

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

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

## Quannah Parker Lake

### Black Crappie:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 11 inches</li><li>● Two meals per month 11 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction</li></ul>

### Largemouth Bass:

Sensitive Population:	<ul style="list-style-type: none"><li>● No restriction under 10 inches</li><li>● Two meals per month 10-17 inches</li><li>● No meals per month 17 inches and over</li></ul>
General Population:	<ul style="list-style-type: none"><li>● No restriction under 17 inches</li><li>● Two meals per month 17 inches and over</li></ul>

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

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

### Largemouth Bass:

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

### Spotted Bass:

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

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

### Largemouth Bass:

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

## Skiatook Lake (Continued)

### Smallmouth Bass:

- |                              |   |
|------------------------------|---|
| <b>Sensitive Population:</b> | <ul style="list-style-type: none"><li>● No restriction under 15 inches</li><li>● Two meals per month 15-18 inches</li><li>● No meals per month 18 inches and over</li></ul> |
|------------------------------|---|

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

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

### Spotted Bass

## Sportsman Lake

### Channel Catfish:

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

- |                            |  |
|----------------------------|--|
| <b>General Population:</b> | <ul style="list-style-type: none"><li>● No restriction</li></ul> |
|----------------------------|--|

### Largemouth Bass:

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

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

### Spotted Bass:

- |                              |   |
|------------------------------|---|
| <b>Sensitive Population:</b> | <ul style="list-style-type: none"><li>● No restriction under 15 inches</li><li>● Two meals per month 15-17 inches</li><li>● No meals per month 17 inches and over</li></ul> |
|------------------------------|---|

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

No other fish were sampled in this lake



## Stroud Lake

### Largemouth Bass:

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

### White Bass:

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

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

No other fish were sampled in this lake

## Waurika Reservoir

### Blue Catfish:

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

## Waurika Reservoir (Continued)

### Flathead Catfish:

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

### Largemouth Bass:

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

### Spotted Bass:

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

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

### Largemouth Bass:

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

### White Crappie:

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

No other fish were sampled in this lake

## Wetumka Lake

### Flathead Catfish:

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

### Largemouth Bass:

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

### Spotted Bass:

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

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

## Wewoka Lake

### Blue Catfish:

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

## Wewoka Lake (Continued)

### Flathead Catfish:

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

### Largemouth Bass:

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

### Saugeye:

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

### Spotted Bass:

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

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

### Flathead Catfish:

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

## Largemouth Bass:

**Sensitive Population:**

- Two meals per month 14-16 inches
- No meals per month 16 inches and over

**General Population:**

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

## Spotted Bass:

**Sensitive Population:**

- No restriction under 10 inches
- Two meals per month 10-13 inches
- No meals per month 13 inches and over

**General Population:**

- No restriction under 13 inches
- Two meals per month 13 inches and over

## White Crappie:

**Sensitive Population:**

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

**General Population:**

- No restriction

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





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