Protect Yourself From Mercury!

WHAT IS SO BAD ABOUT MERCURY?

While it's a naturally occurring element, it's highly toxic, resists breaking down in the environment, and accumulates in the food chain. Mercury can permanently affect fetal and child development and can damage the brain, kidneys, lungs, and nervous system.

WHAT ARE MAJOR SOURCES OF MERCURY POLLUTION?

Mercury is released through coal-burning energy production, some industrial processes, artisanal and small-scale mining, garbage incineration, improper disposal, and accidental spills. Rain carries it from the air to watersheds where it can accumulate in the food chain, affecting certain types of fish.

HOW DOES MERCURY GET INTO MY BODY?

Eating mercury-contaminated fish is the most common form of exposure. Women who may become pregnant, pregnant women, and children are most susceptible and should be cautious of eating more than one fish meal from any source in a week. Certain kinds of large ocean fish should not be eaten at all, as well as some freshwater fish. See Oregon fish advisories and consumption guidelines in the section on the other side. Other routes of exposure are from breakage of mercury-containing devices.

Other Products that may contain Mercury

- Coin and button cell batteries
- Fluorescent light tubes
- Paint pre-1990
- Dental amalgam
- Electric switches and relays
- Older blood pressure cuffs
- Vaccines
- Skin lightening creams
- Thermometers and barometers
- Certain pesticides and paints
- Solution with "thiomersal" or "merbromin"
- Sporting equipment
- Art supplies/ chemistry sets

How Can You Help?

1. Don't wash spilled mercury down a drain
2. If spilled, contact DEQ for cleanup procedures.
   a. Call the Oregon Emergency Response System, 800-452-0311
   b. https://ordeq.org/mercury
3. Substitute mercury-containing products with mercury-free products.
4. Dispose of mercury-containing products at a household hazardous waste collection event (www.tricountyrecycle.com).
5. Practice energy efficiency.

For more informaiton visit

https://www.epa.gov/mercury/basic-information-about-mercury

Fish advisories and consumption guidelines:

Oregon Health Authority, 877-290-6767

https://ordeq.org/oha-fish

Accidental inhalation, ingestion or skin/eye exposure to mercury

Call Oregon Poison Center 800-222-1222

Tri-County

Hazardous Waste & Recycling Program