

## Steps to Reduce Your Mercury Risk

**M**ercury is a toxin that can cause neuro-developmental problems for infants and young children. Take action to keep you and your family safer from the dangers of mercury. There are multiple things you can do to reduce your mercury exposure risk at home.



### 1. Do a home assessment: develop your mercury eyes



Mercury can be found in many different products throughout your home. The first step to help you and your family reduce their risk is to assess whether there is mercury in your house, where it is located, and how much is present. Develop your mercury eyes; be wise about what contains mercury.

### 2. Identify products in your home that may contain mercury

Look for these possible mercury-containing products:

- **Fluorescent light bulbs**
- **Mercury-containing thermostats**
- **Manometers (blood pressure cuffs)**
- **Thermometers**
- **Mercury-containing switches**
- **Mercury-oxide button cell batteries**



Always be “on the look out” for anything labeled with the Hg symbol.

**Remember Hg = Mercury. Hg means Handle gently!**

### 3. Collect used mercury-containing products

Establish a bin or bucket in your home that will be used only for collecting used mercury-containing products or other hazardous waste. You should not use your regular, curbside recycling bins.



### 4. Identify a nearby Household Hazardous Waste (HHW) Facility

Locate the nearest household hazardous waste facility and identify its hours of operation. This is where you will be able to dispose of the mercury-containing items you have collected.

### 5. Take items to HHW Facility and proceed with proper disposal

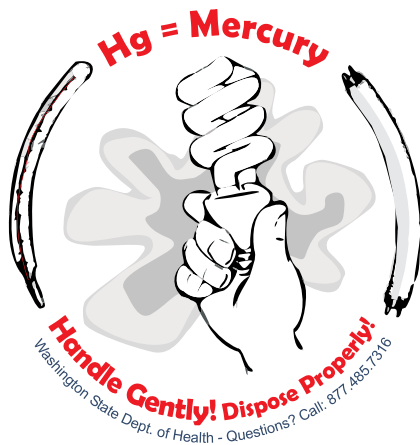


Take your hazardous waste bin or bucket to the local household hazardous waste facility. Drop off your mercury-containing products at a HHW facility to ensure that they will be disposed of or recycled in a manner that minimizes the amount of mercury that will enter the environment.



### 6. Develop Your Fish Smarts

Pregnant women and young children should limit their consumption of key fish: tuna, swordfish, king mackerel, tilefish, shark, walleye, smallmouth bass and largemouth bass.



## You Can Make a Difference!

By taking personal action to minimize the quantity of mercury you release into our environment, you can help protect your own health and that of your family. And you will be an environmental steward helping to protect us all.

For further information, visit the Washington State Department of Health website for the latest information on mercury reduction efforts you can take regarding both product disposal and fish consumption at: [360-236-3184](tel:360-236-3184) or [www.doh.wa.gov/mercury](http://www.doh.wa.gov/mercury).