

Mercury Safety

Please check all the actions you plan to take to keep your family safe from mercury exposure.

- Use only digital or alcohol thermometers.
- Replace any non-electronic thermostats with electronic models as needed.
- Recycle fluorescent light bulbs after use.
- Purchase only antiseptics that do not contain mercury.
- Include low-mercury fish in my diet.
- Follow guidelines for the number of servings of fish to eat each week.
- Check to see if any special consumption advisories have been issued for fish caught in my area.

For parents:

- Talk to my child(ren) about mercury safety.
- Ask teachers and school administrators about sources of mercury in school.

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability or national origin.

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