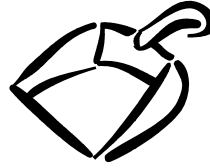


## Cleanup Tips:

**URGENT!**



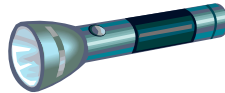
- ✓ Ventilate the area to the outdoors
- ✓ If contaminated area is carpet or similar material, cut away area, put in trash bag, seal with tape, and discard all supplies by putting them in another bag and sealing it with tape
- ✓ If contamination occurs on a hard surface:
  - If there is any broken glass, place in a paper towel and discard in a plastic bag sealed with tape
- ✓ Beaded mercury can be collected using stiff paper or eyedropper (optional); use flashlight to ensure cleanup is complete
- ✓ Put mercury in wide mouth sealable container, discard all other cleanup supplies into a plastic bag and seal with tape
- ✓ Contact your local transfer station for disposal instructions



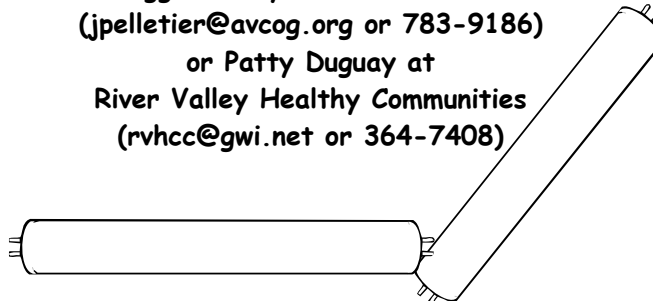
## Cleanup supplies:



- ✓ Rubber gloves
- ✓ Trash bag
- ✓ Small plastic bags
- ✓ Paper towels
- ✓ Tape (duct, packing, or masking)
- ✓ 2 pieces of stiff paper
- ✓ Dust pan
- ✓ Box
- ✓ Wide mouth container with tight fitting lid
- ✓ Flashlight
- ✓ Eyedropper (optional)



For further assistance in mercury safe handling contact:  
**Androscoggin Valley Council of Governments**  
([jpelletier@avcog.org](mailto:jpelletier@avcog.org) or 783-9186)  
or **Patty Duguay** at  
**River Valley Healthy Communities**  
([rvhcc@zwi.net](mailto:rvhcc@zwi.net) or 364-7408)



Are you a Mercury family in danger?



**Announcement!**

*Why should you be concerned about Mercury?*



## Mercury Facts:

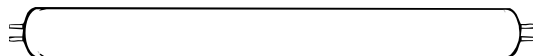
- Mercury is a naturally-occurring element in the environment. Mercury has several useful properties. It combines easily with other metals, expands and contracts easily with temperature fluctuations and has been used in many household, medical, and industrial products.
- Mercury element is the only metal that is liquid at room temperature and pressure. As mercury evaporates (volatilizes) the primary risk of exposure is from the fumes which are invisible, tasteless, and odorless.
- Repeated exposure to breathing mercury metal vapor affects the human brain, spinal cord, kidneys, and liver. It may cause mood changes; inability to concentrate; memory loss; a fine shaking, tingling, or loss of feeling of the hand, tongue, or eyelid. **It is especially dangerous to pregnant women and small children.**
- **Children are more susceptible** than adults to mercury poisoning. They can get "Pick disease" with a rash over the body, chills, swelling and irritation of hands, feet, cheeks, and nose, and heavy sweating. Talk with your healthcare professional about testing options that are available.



## The 4 Main Types of Mercury:

• **Mercury metal** – dense silver gray liquid may be found in:

- ✓ Thermometers (fever, cooking, outdoor) thermostats, barometers, and electrical switches
- ✓ Various light bulbs (fluorescent, high intensity, mercury vapor, high pressure sodium, metal halide, and compact fluorescent )



- ✓ Athletic shoes, toys and cards that light up or make noise

• **Methyl mercury** – various saltwater and freshwater fish (shark, swordfish, large mouth bass, and chain pickerel, etc.)



• **Inorganic mercury**

**Compounds** – may be found in:

- ✓ old alkaline and some button batteries (used in hearing aids, watches, etc.)
- ✓ over the counter drugs (thimerosal, tincture, merthiolate tincture, mercurochrome, ointments, nasal sprays, and herbal medicines)



• **Phenyl mercury** – may be found in:

- ✓ Interior latex paint manufactured prior to 1991 (bathroom paint to control growth of fungus) and exterior oil based paint.
- ✓ Eye cosmetics, and toiletries (refer to the U.S. Food and Drug Administration <http://www.fda.gov/>)

**TO PROPERLY DISPOSE OF PRODUCTS CONTAINING MERCURY, CONTACT YOUR LOCAL TRANSFER STATION FOR FURTHER INFORMATION.**

## Sample Question:

**What would you do if you broke a fluorescent bulb at home? Refer to the do's and don'ts listed below for proper instruction.**

## What to do after a mercury spill:

### Do's

- Do take immediate action to isolate the area where there is a mercury spill and any persons or animals associated so as to reduce additional exposure.
- Do turn off anything that could spread the vapors such as heating, air conditioning, or ventilation systems.
- Do open windows and doors to the outside to ventilate the area.
- If there is substantial physical contact during a mercury spill, contact your family doctor.

### Don'ts

- Don't use household cleaning products (especially those containing ammonia or chlorine); they combine with mercury and create a toxic gas.
- Don't vacuum mercury; it encourages evaporation which spreads toxic gas fumes faster and over a greater area.
- Don't mop or sweep mercury: it spreads the element which makes it harder to clean and remove.
- Don't pour mercury down a drain - it may become lodged in the plumbing or pollute septic tanks/sewage plants - or wash contaminated clothing in a washing machine.
- Don't put mercury or mercury containing products in the trash or down the drain.
- Don't walk in shoes or wear clothes that may be contaminated to avoid spreading mercury to other areas; remove the articles and place in a plastic bag, seal with tape.

