

## About Mercury

Mercury occurs naturally in the environment, but pollution from coal-fired power plants and other industries contributes to this global problem.

Mercury is a concern for pregnant women and nursing moms because, when a baby's brain is developing, too much mercury can impact memory, attention and language.

Most popular seafood species contain very little mercury, but sometimes older or larger fish have more mercury than others. Seafood is one of the best sources of protein for children's developing brains and adults' healthy hearts. Our goal is to help you make informed choices and eat seafood with confidence.

## Have Your Hair Tested If...

- You are thinking about becoming pregnant.
- You often eat seafood caught by friends and family.
- You are tired of hearing confusing messages about mercury risks and would like to get all the solid facts.



# Mercury Testing

Curious about the amount of mercury in your body?

The University of Georgia Marine Extension offers an EPA-approved method for testing mercury levels in hair.

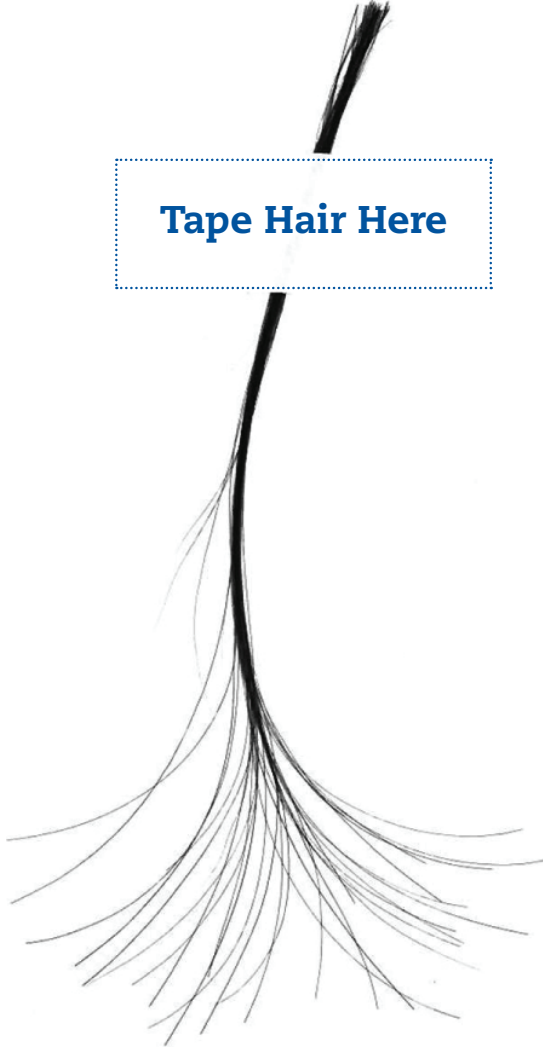


## Hair Sample

This part was closest to your scalp



**Tape Hair Here**



This is the end of the hair

## Instructions

- Fill out the short form.
- Ask someone to snip hair from the back of your head as close as possible to your scalp. A nice bundle of around 30 hairs works well.
- Tape the bundle of hair to this brochure.
- Enclose a check for \$20.
- **Make the check out to:**  
UGA Marine Extension
- **Mail to:**  
Mercury Program  
University of Georgia  
Marine Extension  
715 Bay Street Brunswick, GA 31520
- **Questions?**  
Phone: (912) 262-3338  
Email: [klaustin@uga.edu](mailto:klaustin@uga.edu)  
[marex.uga.edu/mercury](http://marex.uga.edu/mercury)

## Short Form

I am:

- Female
- Male

I am:

- Under 21
- 21-30
- 31-45
- Over 45

I eat seafood:

- Often
- Sometimes
- Rarely
- Never

I am:

- Pregnant
- Nursing
- Cooking for small kids
- A child under age 7
- Thinking about getting pregnant



## Mail my results to:

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_