

FACT SHEET ON MERCURY CONTAINING PRODUCTS & DEVICES

Did you know that...?

Mercury is used in a wide variety of consumer devices and products. These items can release mercury into the environment when broken or improperly disposed. If spilled, mercury absorbs into many materials while slowly evaporating into the air over time, allowing for exposure. Knowing what products and items contain mercury and handling them properly will limit the risk of mercury exposure. Most common products containing mercury often have a simple and environmentally friendly alternative.

What are the dangers of mercury to human health?

Mercury is an extremely toxic material. The penetration of mercury into the body often happens with inhalation of its odorless vapor. Exposure to mercury, even in small amounts can cause an exposure risk, particularly to pregnant women and young children when the release first occurs and up to 30 minutes after. So it is best for those individuals to leave the area temporarily until the material can get cleaned up.

Mercury - added products

Thermometer



Thermostats



Skin whitening creams



Toy-cosmetics for children



Compact fluorescent lamps



Daylight fluorescent lamps

The choice is yours. You can purchase mercury-free products

Alternatives of mercury thermometers to measure body temperature are digital thermometers which can be used orally, rectally, or in the armpit.



An alcohol thermometer can be used to measure the temperature of water of a bathtub to bathe a baby, or outside temperature.

Choose a safe sphygmomanometer for measuring the blood pressure.



Programmable electronic thermostats and many manual thermostats are now mercury-free



As a mercury-free alternative you can choose zinc-air batteries for hearing amplification devices. After the expiration of application, they should be separately collected and utilized. In case these batteries appear in a landfill, they may cause soil, groundwater and air pollution.



While restoring a tooth you should verify whether the dental filling contains mercury. Dentists in Armenia do not really use amalgam any more but prefer 'white' fillings, such as resin composite fillings.

Use LED lights instead of fluorescent lamps which are chemically safe, since they do not contain mercury.



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