

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.

Consent

If you checked "yes" to allow us to use the information you provided in our research database, THANK YOU!

- Your participation is totally voluntary, you will receive your result no matter what.
- Your name will not be saved in this database and your identity will never be associated with the data.

Also: you can also withdraw your data within a week of receiving your test results if you change your mind. There will be no penalty or loss of benefits to which you are otherwise entitled (e.g. access to services offered by the Extension Service). The research database will be used for future analysis and we might publish or present our findings to educate families living on the coast.

Allowing this data to be used for research involves no known risks or discomforts. While there are no direct benefits to individuals who check "yes," this information will help us immensely in our research and improve our public outreach efforts. In the long term, we hope to improve public health and empower families by raising awareness.



Public Service & Outreach
THE UNIVERSITY OF GEORGIA



Mercury Testing

Curious about the amount of mercury in your body?

The University of Georgia Marine Extension Service 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 Service
- **Mail to:**
Mercury Program
Marine Extension Service
715 Bay Street
Brunswick, GA 31520
- **Questions?**
Phone: (912) 264-7269
Email: liguori@uga.edu



Short Form

I am:

- ☐ Female
☐ Male

I am:

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

I eat seafood:

- ☐ Yes, often
☐ Sometimes
☐ Rarely
☐ Never

I am:

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

We would like to keep your result and the info you provided above in our CONFIDENTIAL research database.

Is this okay?

- ☐ Yes ☐ No

(Read more on the back of this brochure.)

Mail my results to:

Name

Address

City, State, Zip Code

Phone

Email