

# Mercury

Seafood is a very healthy source of vitamins and minerals. It is unique as the richest source of omega-3 fatty acids, which are essential for human health.



However, some fish contain a lot of mercury, which can pass through a mother's placenta and breast milk and harm the baby. When a baby's brain is developing, too much mercury can impact learning, memory, and attention.

## Have your hair tested:

- ◆ If you are thinking about having children
- ◆ If you eat a lot of fish caught by your family or friends
- ◆ If you eat a lot of tuna, sushi, swordfish, king mackerel, shark, sea bass, or grouper
- ◆ If you're just curious about your mercury level



By testing your hair, we can tell you the amount of mercury in your body and, if you need to, we can help you reduce your level quickly.

# 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 hair mercury 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.

# MERCURY TESTING



Curious about the amount of **mercury** in your body?

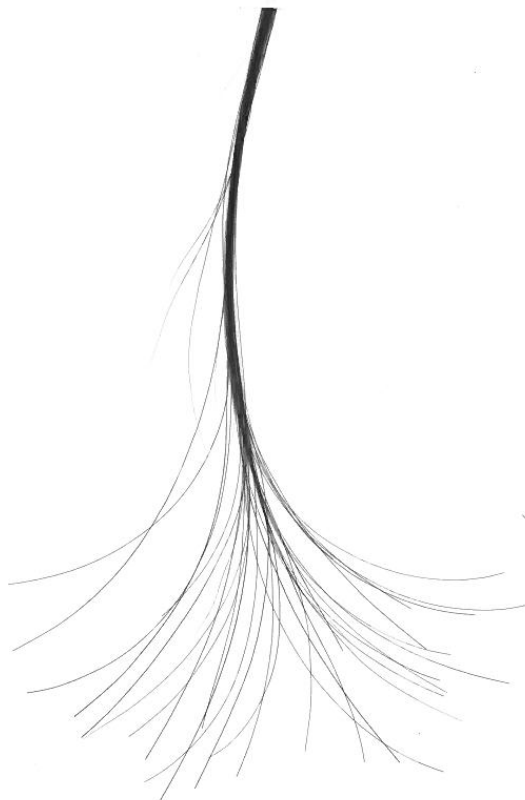
The UGA Marine Extension Service has a new EPA-approved instrument that can measure mercury levels in hair.

# Tape hair here

This part was closest to your scalp.



TAPE



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 ~30 hairs works well.
- (Short hair? Just do the best you can).
- ◆ Tape the bundle of hair to this brochure.
- ◆ Enclose a check for \$20.
- ◆ Make the check out to:

**UGA Marine Extension Service**

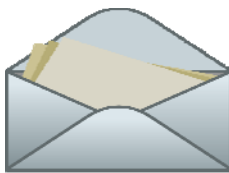
- ◆ Mail to:

**Lisa Liguori**

**Marine Extension Service**

**715 Bay Street**

**Brunswick, GA 31520**



Questions?

Phone: 912 262 3382

Email: [liguori@uga.edu](mailto: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 think about mercury when making decisions about which seafood to buy or eat:

- YES, OFTEN
- SOMETIMES
- RARELY
- NEVER

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

Is this okay?

- YES
- NO

(Read about our research database on the back of this brochure)



# Mail my results to:

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

E-mail: \_\_\_\_\_