



Mercury and Pregnancy – A Bad Combination

Mercury is a toxin that affects the development of your baby's brain. It can lower IQ, impair speech, and cause tic disorders. It has also been shown that mercury accumulates in cord blood at higher levels than in a mother's blood. Don't take any chances. Avoid these potential sources of mercury exposure during your pregnancy:



High-Mercury Fish

- Do not eat tuna, shark, swordfish, king mackerel, or tilefish.
- If you eat wild-caught fish, check with your local health department for contaminant levels in those fish.
- The general rule is not to eat any fish whose body length wouldn't fit on your dinner plate.
- Consider supplementing with essential fatty acids (talk to your doctor)

Dental Amalgam:

- Silver fillings (amalgams) are approximately half mercury.
- Do not have mercury fillings drilled or placed during pregnancy or while nursing. Significant exposures occur when the material is worked.
- Chewing gum or drinking hot liquids can increase the mercury released from your existing amalgams, so try to reduce these behaviors during pregnancy.

Fluorescent Light Bulbs:

- Both long tube and compact fluorescent bulbs contain mercury.
- If broken, they can release a level of mercury vapor above safety standards, so everyone should leave the room immediately.
- Ask a non-pregnant adult to use our guidelines to ventilate the evacuated space and perform the clean up.

Influenza Vaccines:

- Many influenza vaccines still contain thimerosal, a mercury preservative.
- If you need an influenza vaccine, ask your doctor or nurse to give you one without mercury. They are widely available, but may need to be ordered for you.
- If you choose to give your baby or older child a flu shot, be sure that it is mercury-free.

For more information on all of these topics including expanded lists of safe seafood, clean-up instructions for fluorescent bulbs and brands of mercury-free vaccines, **visit our website: www.safeminds.org**

safeMinds
Sensible Action For Ending Mercury-Induced
Neurological Disorders