



Prescriptions for PREVENTION



Guidance from the Western States
Pediatric Environmental Health Specialty Unit

Mercury



Did you know?

Mercury can be found in seafood and some consumer products. It can escape into the air easily from broken products containing mercury. Although it is a naturally occurring metal, even small amounts of mercury can hurt brains that are developing.

Do

- Eat a well-balanced diet, including organic foods like fruits, and vegetables
- Consider including low-mercury fish in your diet. It is not possible to eat fish with zero mercury, but [low-mercury fish are a safer option with many health benefits](#)
 - Choose safer fish, including pollock, haddock, cod, salmon, shrimp, and tilapia
 - Pregnant people should limit even low mercury fish to 2-3 servings per week and canned light tuna to 4 ounces a week
 - Avoid fish high in mercury: tilefish from the Gulf of Mexico, shark, swordfish, king mackerel and some tuna
- [Check and follow local fish safety advisories](#)
- Some home products contain mercury. See [EPA's list of common products](#)
- Find [places to recycle mercury containing products safely](#). This helps keep them out of the air or our water supply

Don't

- Don't handle broken mercury products. EPA has advice on handling broken [fluorescent light bulbs](#) or [thermometers](#)
- Don't use mercury-containing amalgam ("silver fillings") for tooth cavities if you can avoid them
 - [Especially for children under 6; people who are pregnant, nursing or plan to become pregnant](#)
- Don't buy imported skin care or skin lightening products. [Some contain dangerous amounts of mercury](#)
 - Do not use the product if there are no ingredients listed, or if ingredients include: "mercurous chloride", "calomel", "mercuric", "mercurio", or "mercury"
 - [See more here](#)



For more information, scan the code or visit: wspehsu.ucsf.edu/prescriptions-for-prevention

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