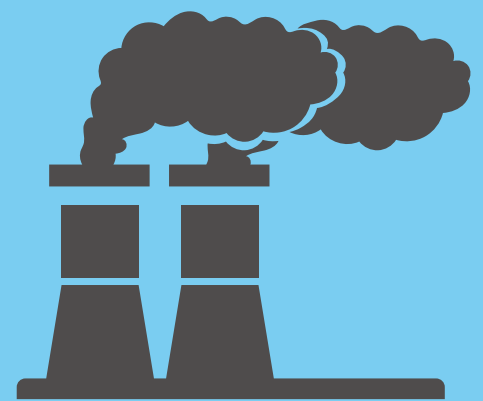


# HEAVY METAL EXPOSURE

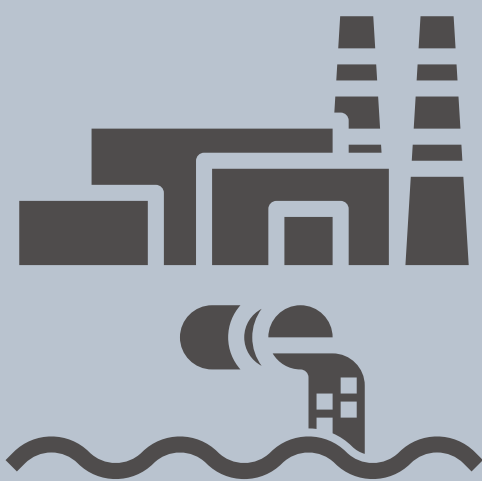
Potential exposures in your home.

## MERCURY

Mercury is a neurotoxin that can permanently damage the nervous system. Airborne exposure can result in cognitive differences and defects such as sleep disturbances, coordination problems, memory deficits among various other symptoms. High levels of this exposure can lead to brain, kidney, lung, nervous system and digestive system damage.



**Exposure: Pollution in air or water, broken fluorescent bulbs, and other mercury-containing items.**



## ARSENIC

Arsenic is a toxic heavy metal that can be absorbed through ingestion or inhalation. Long term exposure can result in GI irritation, skin cancer, lung cancer, bladder cancer, infertility and miscarriages.

**Exposure: Drinking water contaminated through naturally occurring arsenic or pollution. Inhalation can occur when burning treated wood.**

## LEAD

Lead is a neurotoxin for which there is no safe amount of exposure. Lead accumulates in the body creating a low level of constant blood exposure. In high levels, it can be fatal. Children that are exposed can experience many symptoms including damage to the brain and nervous system. Adult exposure can lead to reproductive issues, muscle and joint pain, kidney problems, nerve disorders, and memory problems.



**Exposure: Lead can be used in batteries and other electronic parts, metal, PVC, art supplies, ceramics and some toys. It can also be found in paint, caulking and pipe solder of older homes. Game meat, if shot with lead core bullets, can have microscopic pieces of lead embedded in it.**

**For more information on heavy metals visit**  
<https://www.epa.gov/caddis-vol2/metals>