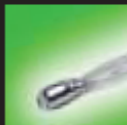
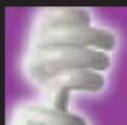


# MERCURY IS IN THE HOUSE

**IT CAN BE HARMFUL  
TO THE ENVIRONMENT  
AND HUMAN HEALTH**



**LEARN HOW YOUR HOME  
CAN BE MERCURY FREE**

# BE MERCURY FREE

## Reducing Mercury Pollution and Risks in Your Home.

Mercury can be found in many common household products. If mishandled, these items can break, spilling mercury in your home and releasing an invisible poisonous vapor. Unfortunately mercury doesn't disappear when it is dumped down the drain or thrown in the trash – mercury finds its way into the environment

where it can seep into lakes, rivers and creeks.

Pollution of our waterways also puts human health and safety at risk. Mercury contamination in certain fish we eat can cause damage to the nervous system and may impair childhood development.

## Give Your Home A Mercury Makeover

You can help prevent mercury pollution and protect your family by eliminating products that contain mercury from your home. Properly dispose of or recycle mercury-containing products and replace them with mercury-free alternatives that are safe and efficient.

## THERMOMETERS



Household mercury thermometers contain approximately 0.5 grams of mercury each. To accurately gauge temperature without the worry of a toxic spill, exchange your mercury thermometer for a digital thermometer.

To receive a FREE digital thermometer for your old, silver mercury thermometer, visit our Web site at [www.bemercuryfree.net](http://www.bemercuryfree.net) or call (916) 875-6644 to learn about upcoming thermometer exchange events in the Sacramento area.

Tilt-switch thermostats, which contain about three grams of mercury each, have been used in homes and offices to control temperatures for more than 40 years. Today, digital thermostats

are a safe replacement, and they can be programmed for maximum efficiency of your heating and air conditioning system, resulting in energy cost savings.

## THERMOSTATS



## FLUORESCENT LIGHT BULBS



Fluorescent light bulbs and tubes use up to 50 percent less energy than incandescent bulbs. However, fluorescent bulbs and tubes may contain mercury and should never

be thrown in the trash. Always recycle mercury-containing fluorescent light bulbs and tubes to prevent mercury pollution.

You can dispose of your old mercury-containing thermometers, thermostats and fluorescent light bulbs at the household hazardous waste collection site nearest you. For locations and hours of operation call (916) 875-6644.

For more information about common sources of mercury pollution and the comprehensive efforts of the Be Mercury Free Public Outreach and Education Program, visit our Web site at [www.bemercuryfree.net](http://www.bemercuryfree.net) or call (916) 875-6644.

## RECYCLING MERCURY-CONTAINING ITEMS

**be**   
**mercury free**



Be Mercury Free is a program of the  
Sacramento Regional County Sanitation District.

[www.bemercuryfree.net](http://www.bemercuryfree.net)

(916) 875-6644