

# Mercury Exposure Questionnaire

Mark an "X" beside each item that pertains to you, an "F" in front of jobs your father had and an "M" for those your mother had. Put a question mark if you don't know. Record exposure lengths in days, months or years and the amount of exposure if known, i.e. - 10 amalgam fillings, broken thermometer, etc. or a question mark if not known. Comment freely on anything you feel needs explaining on the lines below.

## Foods

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|--|--|
| <input type="checkbox"/> Canned Tuna   | <input type="checkbox"/> Carrots   |
| <input type="checkbox"/> Shellfish (shrimp, lobster, crab)                   | <input type="checkbox"/> Lettuce   |
| <input type="checkbox"/> Large saltwater fish (salmon, swordfish, cod, etc.) | <input type="checkbox"/> Grains (treated w/ methylmercury, especially wheat) |
| <input type="checkbox"/> Fresh water fish from lakes/rivers                  | <input type="checkbox"/> Kelp and other seaweeds                             |
| <input type="checkbox"/> Fresh water, farm raised                            |  |

In the past 30 days how many times have you consumed fish or fish products? \_\_\_\_\_

## Medications and Personal Items

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|--|---|
| <input type="checkbox"/> U.S. cosmetics prior to 2017                          | <input type="checkbox"/> Annual flu vaccine (# of years _____)    |
| <input type="checkbox"/> Imported cosmetics                                    | <input type="checkbox"/> Tattoos                                  |
| <input type="checkbox"/> Mascara and other eye make-up (especially waterproof) | <input type="checkbox"/> Laxatives with calomel                   |
| <input type="checkbox"/> Hair dye  | <input type="checkbox"/> Skin lightening/freckle-removing creams  |
| <input type="checkbox"/> Calomel, powders, lotions                             | <input type="checkbox"/> Merbromin preparations                   |
| <input type="checkbox"/> Contact lens solution                                 | <input type="checkbox"/> Psoriasis ointments                      |
| <input type="checkbox"/> Hemorrhoid preparations                               | <input type="checkbox"/> Toilet paper from recycled paper         |
| <input type="checkbox"/> Avian flu vaccine                                     | <input type="checkbox"/> Vaginal gels (especially contraceptives) |

**Miscellaneous sources** including those that list: Sodium ethylmercurithiosalicylate, Mercuriothiolate, Merzonin, Mertorgan, Merfamin, Ethyl (2-mercaptobenzoato-S) mercury sodium salt, Thiomersalate, Thiomersal, Thiomersalan, [(o-carboxyphenyl)thio] Ethylmercury sodium salt \_\_\_\_\_

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|---|--|
| <input type="checkbox"/> Amalgams (silver fillings) (# _____) | <input type="checkbox"/> Fungicides for lawns, trees, and shrubs |
| <input type="checkbox"/> Cinnabar in jewelry                  | <input type="checkbox"/> Latex and solvent thinned paints        |
| <input type="checkbox"/> Dental appliances or dentures        | <input type="checkbox"/> Sewage disposal                         |
| <input type="checkbox"/> Fabric softeners                     | <input type="checkbox"/> Wood preservatives                      |

**Professional:** Note many of these apply mainly to work in these fields before 2017 when the Minimata Convention Treaty went into effect in an attempt to reduce mercury exposure worldwide.

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|--|--|
| <input type="checkbox"/> Bactericide production            | <input type="checkbox"/> Chlorine production                 |
| <input type="checkbox"/> Barometer production              | <input type="checkbox"/> Computer chip production            |
| <input type="checkbox"/> Battery production                | <input type="checkbox"/> Dentist                             |
| <input type="checkbox"/> Bronzer production                | <input type="checkbox"/> Dental assistant/hygienist/lab tech |
| <input type="checkbox"/> Calibration instrument production | <input type="checkbox"/> Direct current meter worker         |
| <input type="checkbox"/> Caustic soda production           | <input type="checkbox"/> Disinfectant production             |

- Electroplater
- Embalmer
- Explosives production
- Farmer
- Fingerprint detector
- Fireworks production
- Fish cannery worker
- Fungicide production
- Fur preserver
- Fur processor
- Gold extractor
- Histology technician
- Ink maker
- Insecticide production
- Fluorescent manometer production

- Mercury extraction production
- Mercury miner
- Mirror production
- Neon light production
- Oil refining/production
- Paint production
- Paper production
- Pressure gauge production
- Seed handler
- Silver extractor
- Switch production
- Tannery worker
- Taxidermist
- Textile printer
- Thermometer production

Exposure length to any of the above items/severity plus any additional notes:

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