

A close-up, macro photograph of numerous small, spherical mercury droplets of varying sizes scattered across a light-colored, textured surface. The droplets are highly reflective, showing bright highlights and dark shadows. A dark grey curved shape on the right side of the image serves as a background for the text.

Mercury

Bay Area
Deconstruction
Workgroup
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Metallic Mercury Health Effects

<https://www.epa.gov/mercury/health-effects-exposures-mercury>

Prolonged or acute exposure:

- Tremors
- Headaches
- Insomnia
- Emotional changes such as mood swings, irritability, excessive shyness
- Neuromuscular weakness, muscle atrophy, twitching
- Poor performance on tests of mental function

Higher exposures may also cause kidney effects, respiratory failure and death.

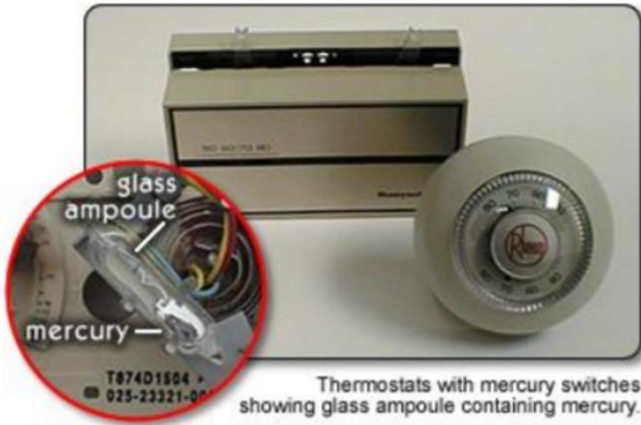
Where is it found?

Older Buildings

- Thermostats
 - Locate recycling site
 - 15 San Francisco area drop off sites
 - <https://www.thermostat-recycle.org/>
- Gas Pressure Regulators installed prior to 1968
 - Contain approximately 2 teaspoons of mercury
 - Contact local gas company for safe removal
- Boiler Heating Systems
 - Honeywell Heat Generators
 - Found near boiler in basement or radiator

U.S. EPA, Before You Tear it Down Get the Mercury Out

<https://www.epa.gov/mercury/fact-sheet-you-tear-it-down-get-mercury-out>



(Image courtesy of Vermont Department of Environmental Conservation.)



Mercury in Lighting



- **U.S. EPA Where to Recycle Florescent Bulbs**
<https://www.epa.gov/cfl/recycling-and-disposal-cfls-and-other-bulbs-contain-mercury#whererecycle>
- **U.S. EPA Cleaning up a Broken Compact Florescent Tube (CFL) or Other Mercury Containing Bulb – DO NOT VACUUM**
<https://www.epa.gov/cfl/cleaning-broken-cfl>
 - Florescent tubes, bug zappers, tanning bulbs, neon lights, black lights, metal halide, plasma, mercury short-arc, mercury vapor and more
 - <https://www.epa.gov/cfl/recycling-and-disposal-cfls-and-other-bulbs-contain-mercury#other>
- **Not in LED bulbs**

U.S. EPA, Large-Scale Demolition Website
<https://www.epa.gov/large-scale-residential-demolition>