In the image, the text content is about Mercury and its health concerns. It explains that Mercury is a potent neurotoxicant that can damage the brain and nervous system. Infants, children, and pregnant women are most vulnerable to the adverse health effects of Mercury. The text also discusses how Mercury is found in the environment, especially through human activity like coal-burning power plants. It explains the health effects of Mercury and how it can be reduced. Additionally, it provides information on how individuals can be exposed to Mercury and what measures can be taken to reduce exposure. The text is educational and informative, aiming to raise awareness about the dangers of Mercury and its toxic effects.
EHCC is now managed by Children's Environmental Health Network.

Support green alternatives to coal-fired power plants, such as wind and solar energy.

**How to Safely Clean a Mercury Spill**

Because fluorescent lights contain mercury, every child care facility should have a mercury spill kit. Mercury released from a broken fluorescent light bulb will not be visible, while drops from something like a broken thermometer will be visible. The mercury spill kit should be labeled and include tools to clean up both types of spills, including: 4-5 ziplock bags, thick trash bags, gloves, paper towels, cardboard, an eye-dropper, and duct tape.

For any type of mercury spill, immediately contact the national poison center for clean-up instructions, support and resources; national toll free number: 1-800-222-1222. Remove children and pets from the room, turn off the heating or air conditioning and air out the room for 5-10 minutes before cleaning. Never use a vacuum cleaner as it will spread the mercury. If a broom, mop or wet rag is used to clean the mercury, it should be disposed of at a hazardous waste facility. If a mercury containing item is broken on carpet, the carpet area may need to be removed.

- Treat broken fluorescent bulbs as a mercury spill. To clean safely: 1) Wear gloves; 2) Scoop glass into rigid container lined with bag and seal lid; 3) Store away from children; 4) Air out room for 24-48 hours; 5) Dispose bulbs/debris at local hazardous waste collection facility.

- To clean a mercury spill where mercury beads are present: 1) Wear gloves 2) Use cardboard or an eyedropper to gather mercury beads; 3) Put beads in ziplock bag; 4) Wrap tape around gloved fingers (with sticky side out) to pick up any remaining beads; 5) Put all items that were used to pick up mercury (cardboard, eyedropper) in the trash bag; Store away from children; 6) Air out room for 24-48 hours; 7) Dispose bulbs/debris at local hazardous waste facility.

- Properly dispose of broken mercury-containing items and clean-up tools by taking the waste to a hazardous waste facility. Never pour mercury down a drain.

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**Mercury Resources**

- U.S. EPA: Mercury  
  [www.epa.gov/mercury](http://www.epa.gov/mercury)
- CFL Cleanup  
  [epa.gov/cfl/cflcleanup.html](http://epa.gov/cfl/cflcleanup.html)
- Eco-Healthy FAQs on Mercury  
  [www.cehn.org/ehcc/FAQ](http://www.cehn.org/ehcc/FAQ)
- Agency for Toxic Substances and Disease Registry (ATSDR)  
- Hazardous Waste Disposal  
  [www.earth911.com](http://www.earth911.com)
- Mercury calculator for interpreting your fish choices  
  [www.gotmercury.org/](http://www.gotmercury.org/)
- Fish Consumption Advisories  
  [water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/index.cfm](http://water.epa.gov/scitech/swguidance/fishshellfish/fishadvisories/index.cfm)

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Eco-Healthy Child Care® (EHCC) is a science-based, award-winning national program that seeks to improve the environmental health of children by partnering with child care professionals to eliminate or reduce environmental health hazards found in child care facilities. Originally created by the Oregon Environmental Council in 2005, EHCC is now managed by Children’s Environmental Health Network.