

Mercury Exposure Questionnaire

Place an "X" beside each of the items that pertain to you. Place an "F" in front of the jobs your father had and an "M" your mother had. Record the length of exposure in days, months or years and the amount of exposure (i.e. - 10 amalgam fillings, broken thermometer, etc...)

Foods

- Canned Tuna
- Shelfish- shrimp. Lobster, crab
- Large saltwater fish, salmon, swordfish, cod, etc...
- Fresh water fish from lakes/rivers
- Fresh water fish- farm raised
- Carrots
- Lettuce
- Grains (treated w/ methylmercury, especially wheat)
- Kelp and other seaweeds

in the past 30 days how many times have you consumed fish or fish products?

Cosmetics

- Hair dye
 - Mascara (waterproof type especially)
 - Skin lightening creams
- Medications & Personal Items**
- Calomel, powders, talcs, & lotions
 - Contact lens solution
 - Hemorrhoid preparations
 - Laxatives containing calomel
 - Merbromin preparations
 - Psoriasis ointments
 - Toiletpaper from recycled paper
 - Vaginal gels (especially contraceptive)

Miscellaneous

- Adhesives
- Air conditioner filters
- Amalgams (silver fillings)
- Batteries with mercury cells
- Cinnabar- used in jewelry
- Dental appliances or dentures
- Fabric softeners
- Felts

Miscellaneous - Cont'd.

- Floor waxes & polishes
- Fungicides for lawns, trees, and shrubs
- Latex and solvent thinned paints
- Sewage disposal
- Tattooing
- Wood preservatives

Professional

- Bactericide maker
- Barometer maker
- Battery maker
- Bronzers
- Calibration instrument makers
- Cap loader, Percussion
- Carbon brush maker
- Caustic soda maker
- Chlorine maker
- Computer chip maker
- Dentist
- Dental assistant
- Dental lab technician
- Dental hygienist
- Direct current meter worker
- Disinfectant maker
- Disinfector
- Drug maker
- Electric apparatus maker
- Electroplater
- Embalmer
- Explosive maker
- Farmer
- Fingerprint detector

Professional - Cont'd.

- Fireworks maker
- Fish cannery worker
- Fungicide maker
- Fur preserver
- Fur processor
- Gold extractor
- Histology technician
- Ink maker
- Insecticide maker
- Investment casing worker
- Jeweler
- Lab worker, chemical
- Lamp maker. Fluorescent
- Manometer maker
- Mercury worker
- Miner, mercury
- Miner, gold
- mirror maker
- Neon light maker
- Paint maker
- Paper maker
- Pesticide worker
- Photographer
- Pressure gauge maker
- Refiner, mercury
- Seed handler
- Silver extractor
- Switch maker
- Tannery worker
- Taxidermist
- Textile printer
- Thermometer maker

Exposure length to any of the above items _____

Exposure severity _____