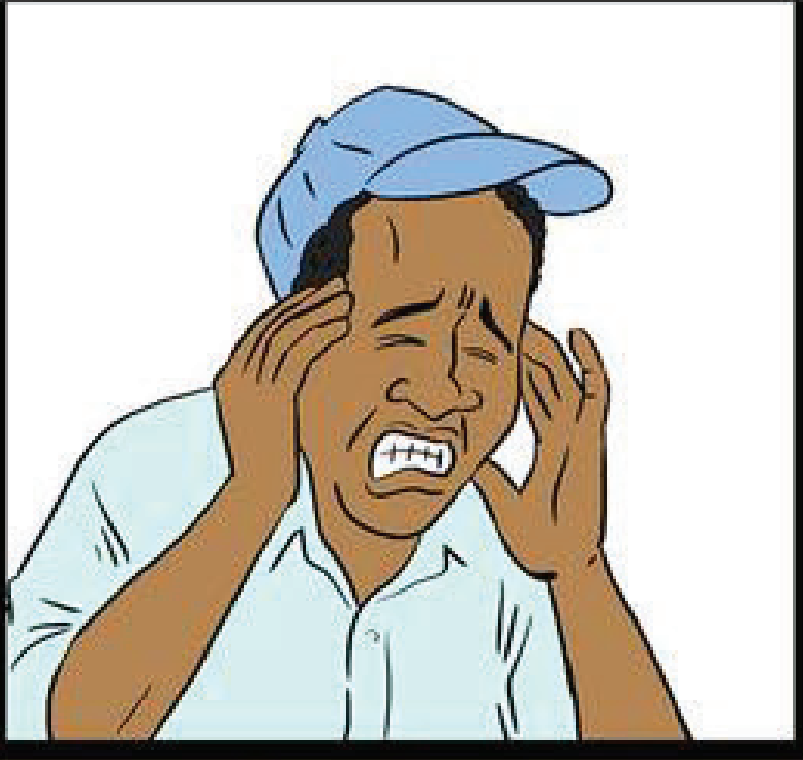


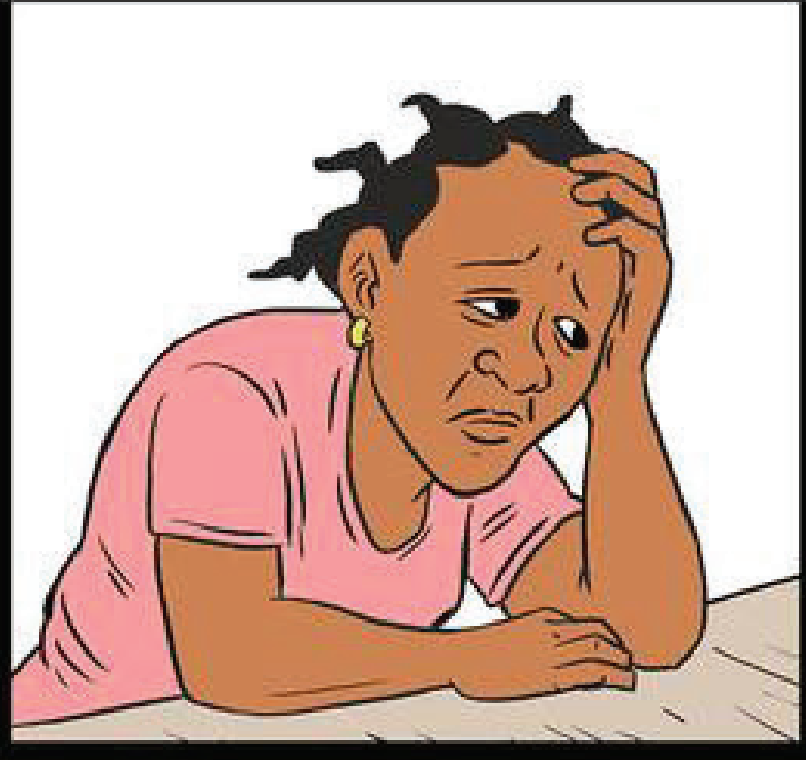
Health effects of exposure to mercury

THE HEALTH EFFECTS OF MERCURY EXPOSURE CAN BE BOTH SHORT-TERM AND LONG-TERM.

THE SHORT -TERM HEALTH EFFECTS



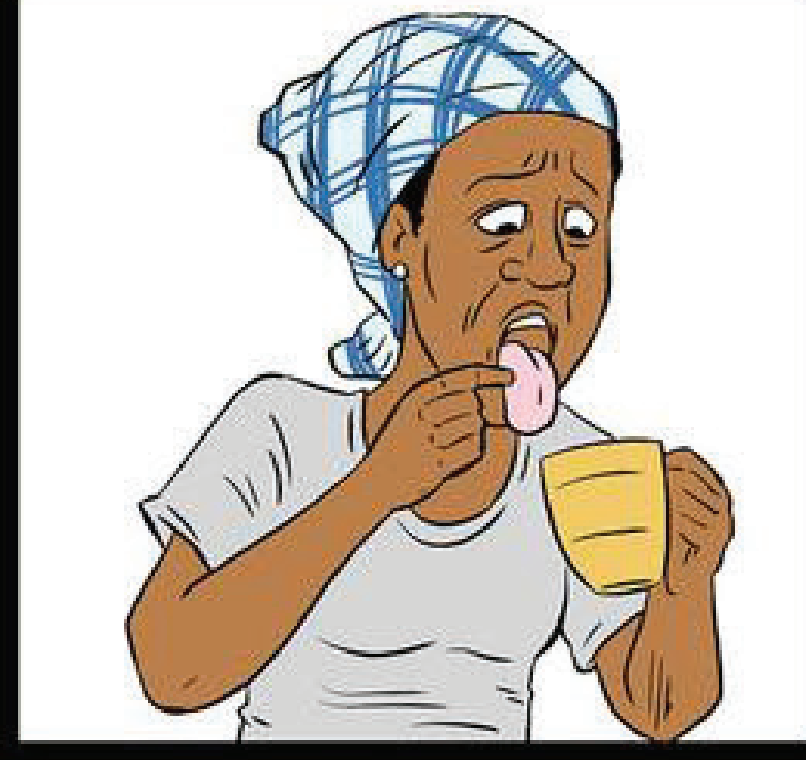
Headache



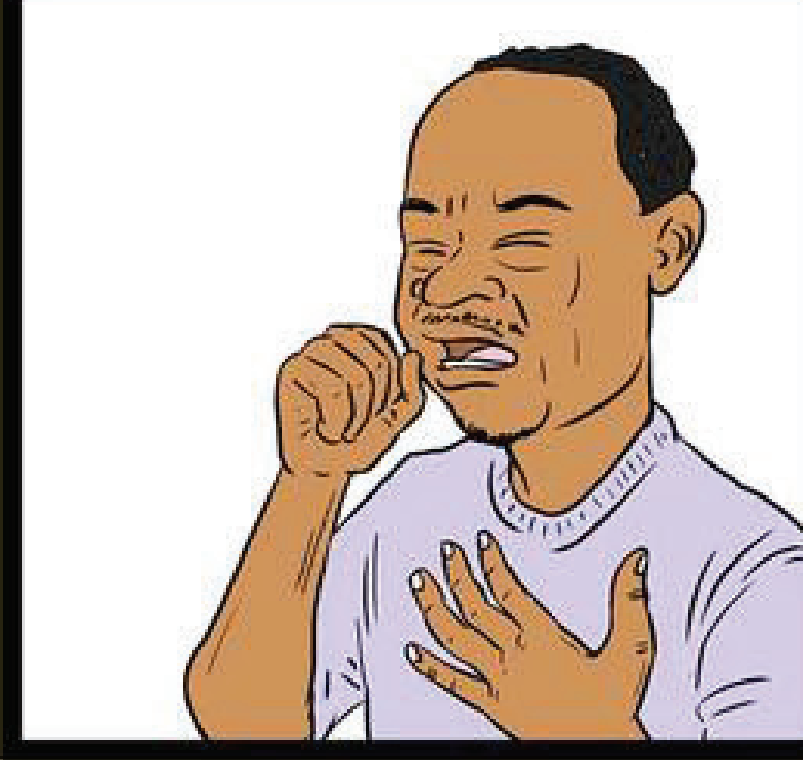
Problems with concentration or remembering



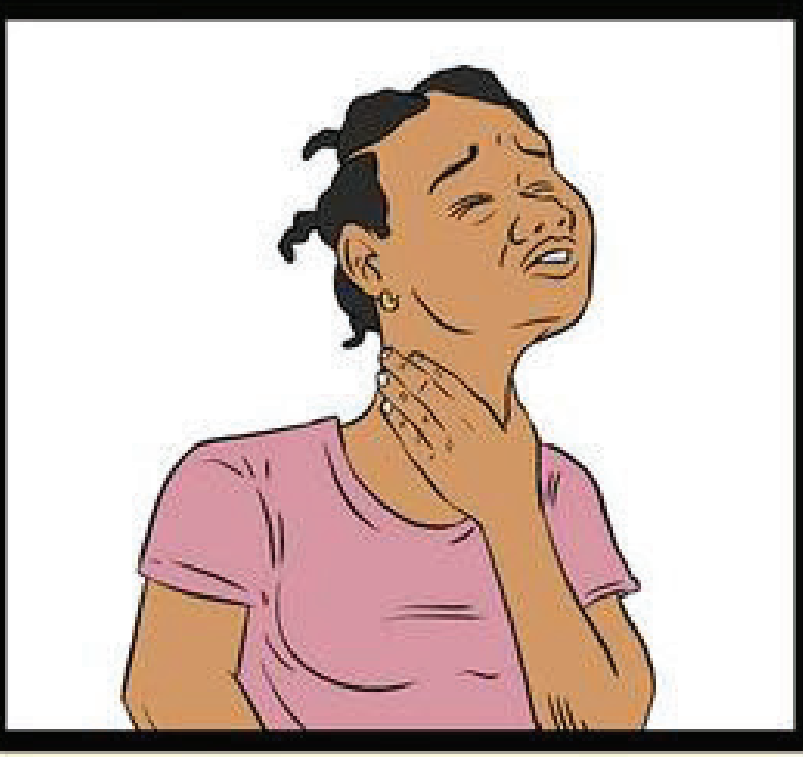
Poor vision



Metallic taste in the mouth



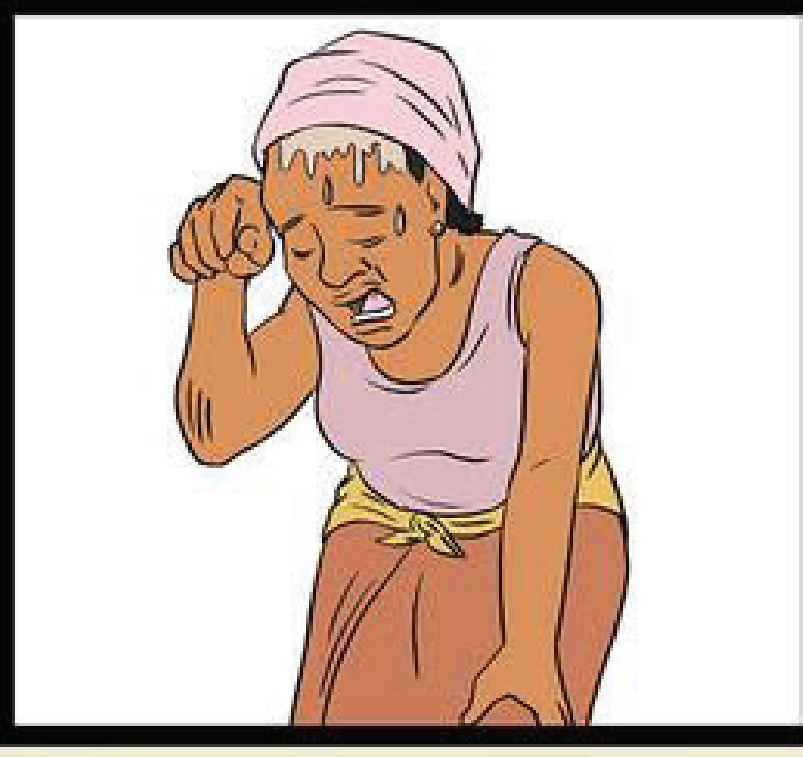
Coughing



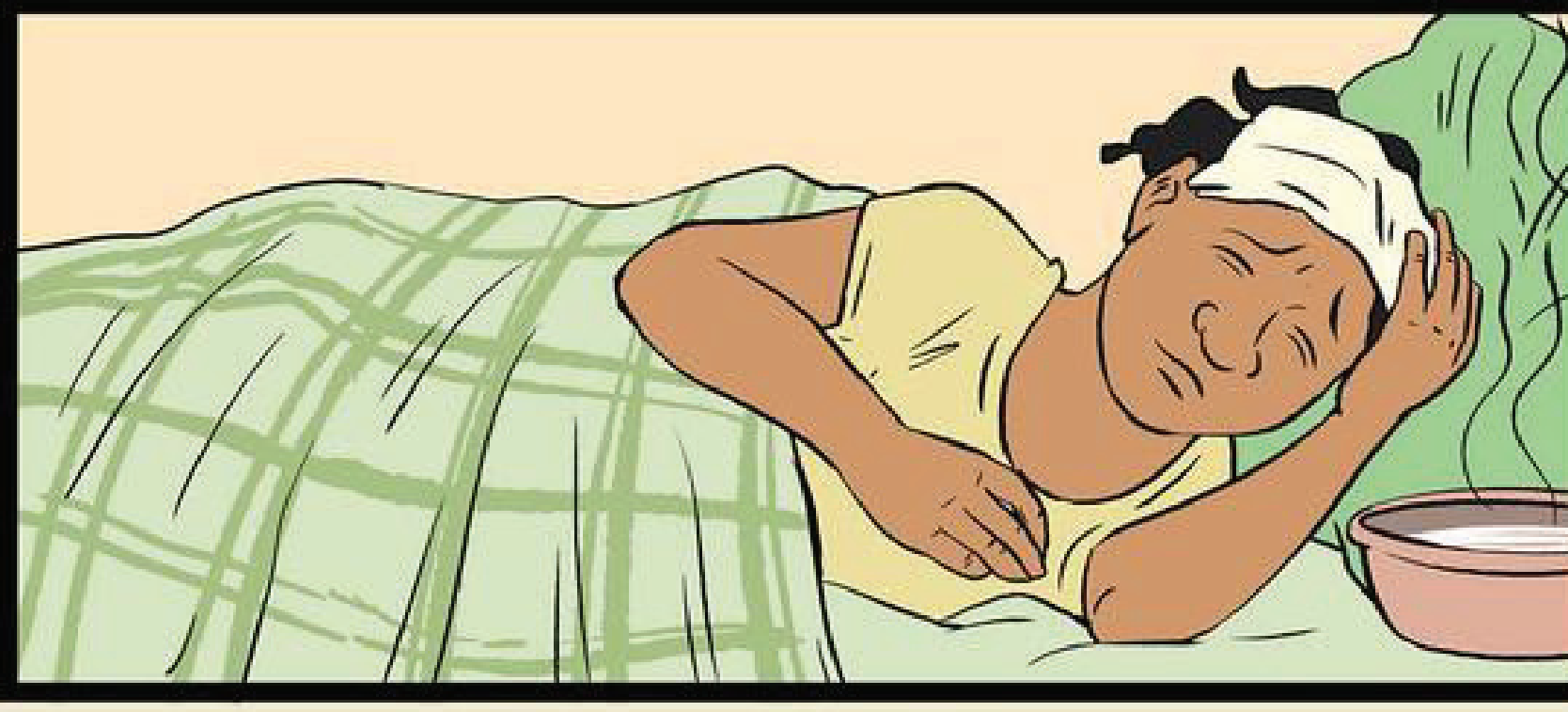
Sore throat



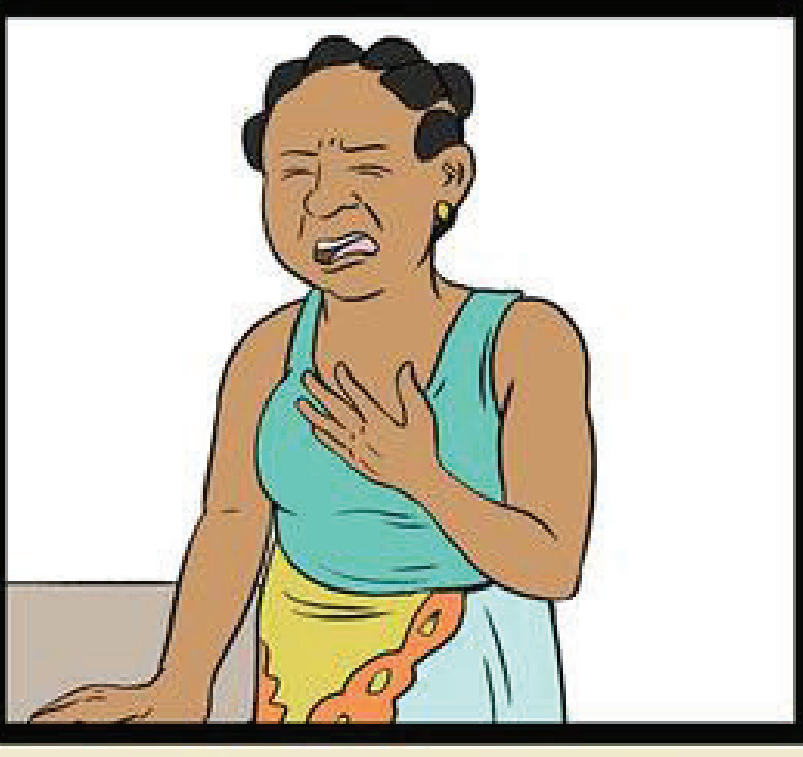
Shortness of breath / increased salivation



Sweating and thirst



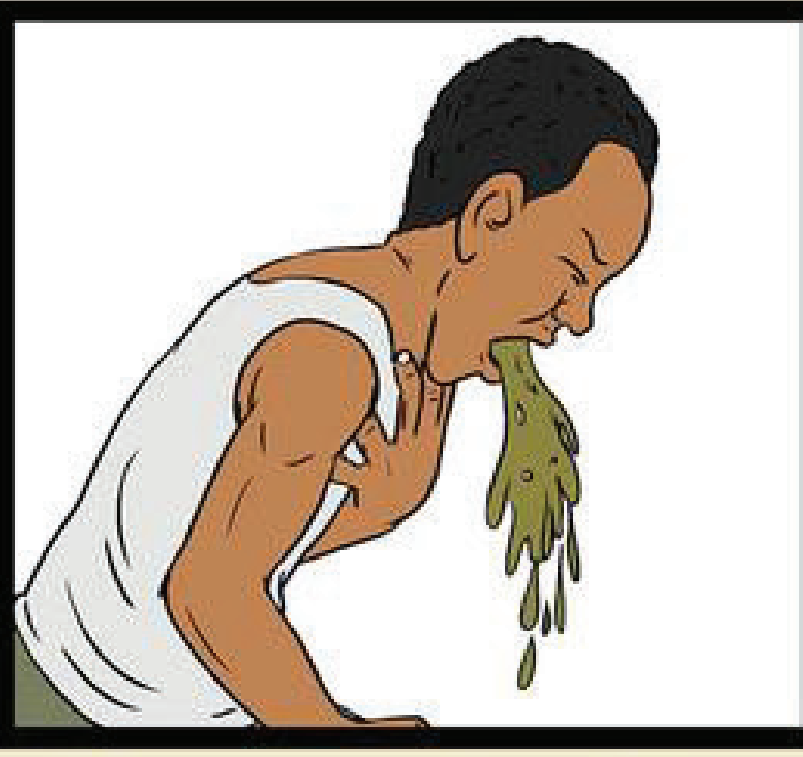
Fever and chills



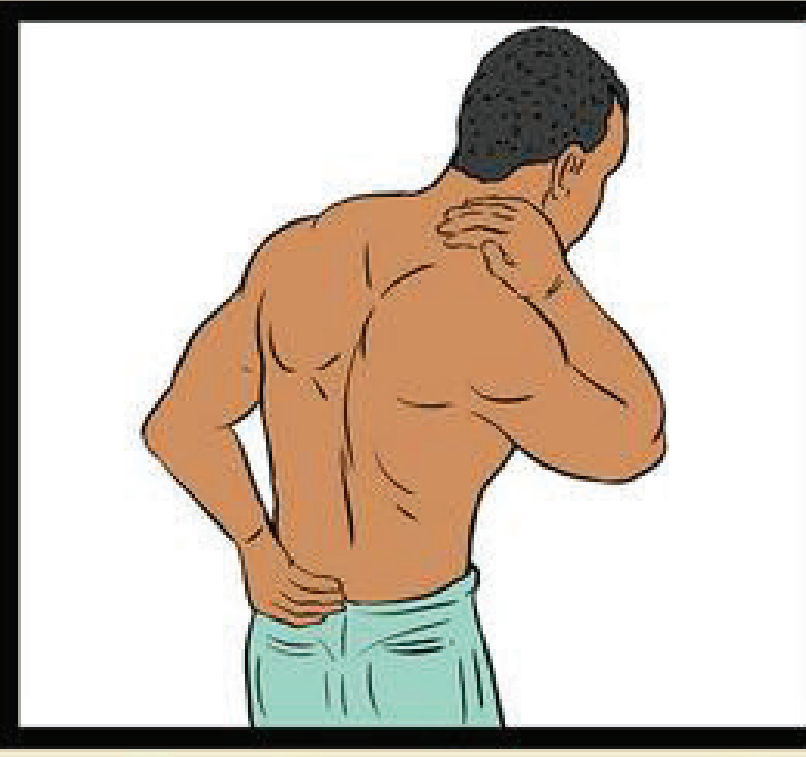
Chest pain and tightness



Stomach ache



Nausea and vomiting



Muscle aches and pain in the limbs

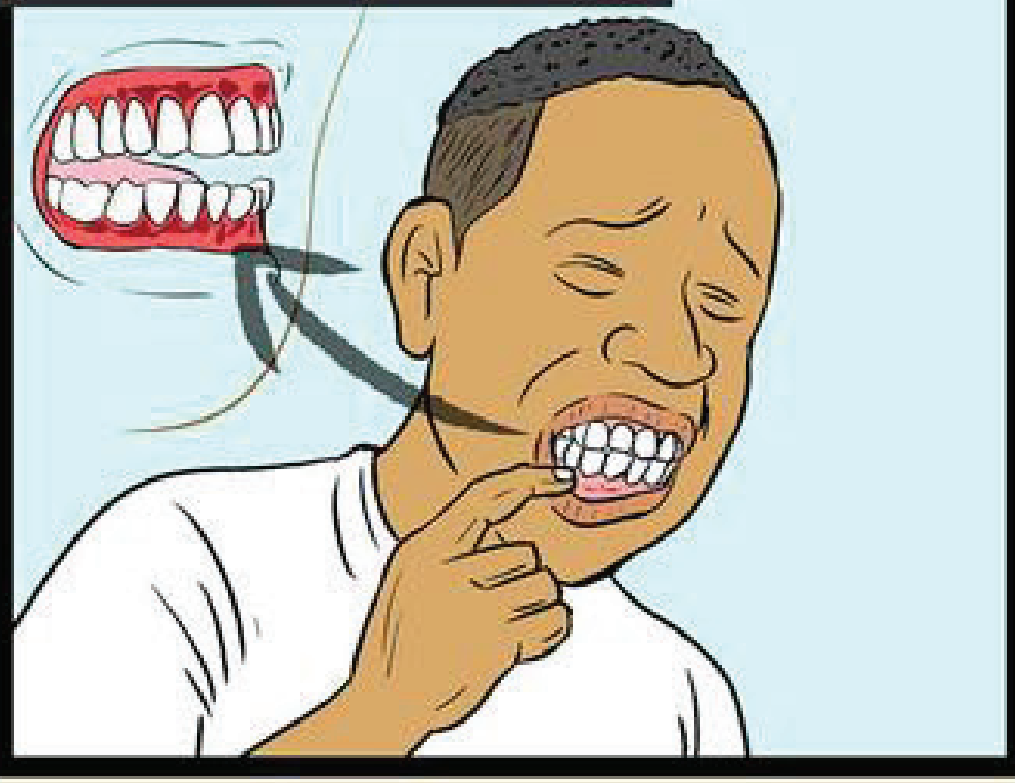


Unsteady walk

THE LONG -TERM HEALTH EFFECTS



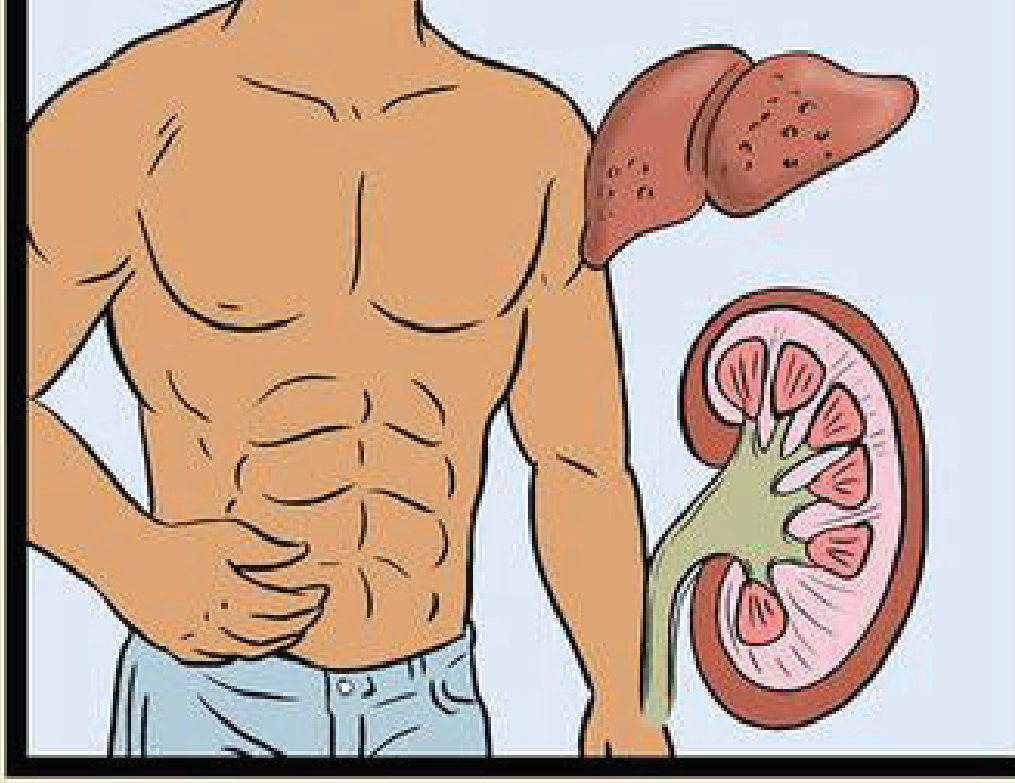
Brain damage leading to sleep disturbances, hallucinations and irritability



Inflammation of the gums etc., immune dysfunction



Lack of appetite or irritability



Kidney and liver damage

This content has been adapted with permission from the planetGOLD Suriname project and the Medical Mission Primary Health Care Suriname. The message is approved by the Ministry of Health and Child Care of Zimbabwe.