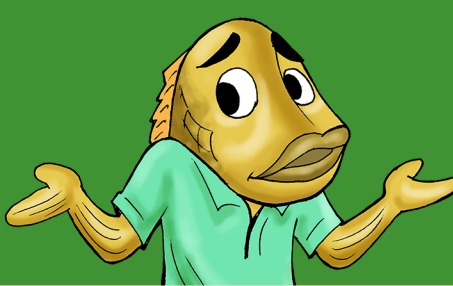
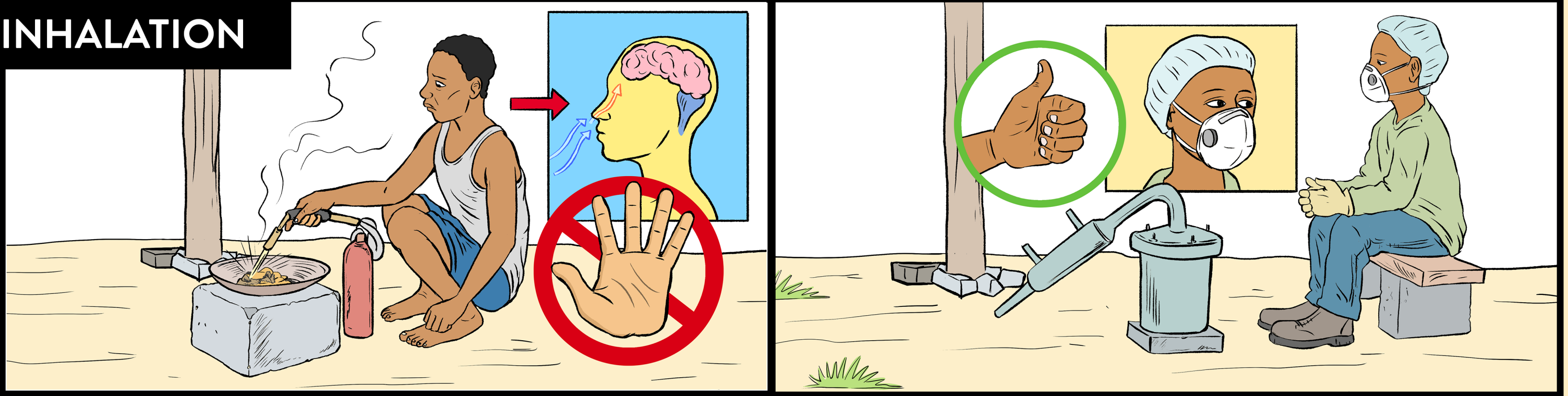


How is mercury absorbed (in the human body)



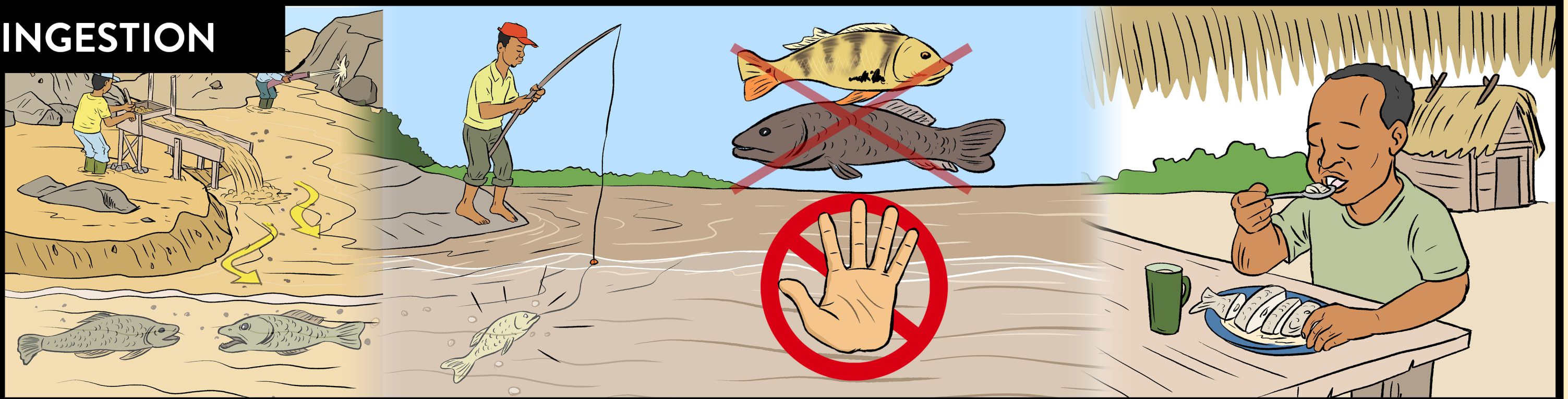
INHALATION



The inhaling of mercury vapor is poisonous to your body and accumulates in the brain and other organs. Mercury can be inhaled when mercury or amalgam is heated and through non-direct contact, for example through evaporation of mercury on skin, hair and clothing. The mercury vapor is odorless and invisible.

Artisanal and small-scale miners are advised to wear a face mask and cover their hair and/or use a retort or stand out of the wind, when heating mercury or amalgam.

INGESTION



Mercury discharged into creeks and rivers is ingested by fish. These are large fish, which have a high mercury concentration, namely Anjoemara, Spikrikati, Adjani en Prariprari, can lead to mercury absorption.

DERMAL EXPOSURE



Artisanal and small scale miners often come into contact with mercury by touching unprotected, unpurified gold or through contact with contaminated soil or water.

It is advised to protect your body with gloves, boots, face mask and covering your hair. It is also advised to wear clothing that covers your skin as much as possible (long sleeves and long pants) and wash it daily with soap and water.

Try to avoid contact with mercury as much as possible.

If you belong to one of the risk groups and have health effects, please visit the nearest clinic.