



# MERCURY AND OUR HEALTH

For more information on mercury and the health effects of exposure to mercury refer to the following documents online:



**1 Health Canada**  
It's Your Health  
"Mercury and Human Health"

**2 Health Canada**  
"Human Health Risk Assessment of Mercury in Fish and Health Benefits of Fish Consumption"

**3 Province of Ontario**  
"Mercury in Ontario"  
<https://www.ontario.ca/page/mercury-ontario>

**4 "Mercury - Your Health and the Environment A Resource Tool"**



## Testing for Mercury Poisoning

The test will include either:

- A blood sample
- A urine sample
- A hair sample

If you are concerned you might be experiencing symptoms of mercury poisoning please consult your family doctor. Your doctor will be able to administer a test in their office to determine if there are elevated levels of mercury in your body.

If your doctor detects high levels of mercury in your samples they may prescribe a chelating agent, which binds to the mercury and helps it move quicker from the body.\*

Compensation may be available through the Mercury Disability Fund for current and past residents of Grassy Narrows First Nation and Wabaseemoong Independent Nations experiencing symptoms of mercury poisoning. For more information go to: [www.mercurydisabilityboard.com](http://www.mercurydisabilityboard.com).

## MERCURY DISABILITY FUND

To pursue compensation for symptoms of mercury poisoning you can complete the following steps:

1. Apply to Mercury Disability Board
2. Medical examination to review symptoms
3. Claim is approved - receive monthly compensation
4. Claim is denied - apply again after two years if symptoms worsen

\* Source: Mercury – Your Health and the Environment A Resource Tool [https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/ewh-sem/alt\\_formats/hecs-sesc/pdf/pubs/contaminants/mercury/mercur-eng.pdf](https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/ewh-sem/alt_formats/hecs-sesc/pdf/pubs/contaminants/mercury/mercur-eng.pdf)

