



Worried about your breath? You should be, especially if you have mercury (Hg) in your mouth.

Humans are exposed to Hg from various media. From naturally occurring sources such as volcanic eruptions to man-made sources such as Hg emissions from artisanal and small-scale gold mining, burning of coal, use of Hg in products, contaminated food particularly in fish, and guess what from dental amalgams too.

Say...aaaHg! is an initiative of the **Zero Mercury Working Group (ZMWG)** to help raise-awareness on the various sources of human exposure to mercury.

If you are interested or even mildly curious about mercury and its presence in your mouth, please visit the ZMWG information booth.

At the booth all you have to do is to:

1. Relax;
2. Breathe into a measuring instrument for Hg to determine background levels of Hg in your mouth;
3. Take a free gum and chew it.
4. Breathe again into the measuring instrument to determine Hg levels in your mouth after chewing food.
5. Get your ZMWG certificate.

That simple. No mess. No fuss.

By the way, make sure to *Say...aaaHg!*

Say...aaaHg! Is an awareness-raising campaign initiated by the Zero-Hg Working Group (ZMWG) an international coalition of more than 80 public interest environmental and health non-governmental organizations from 45 countries from around the world that strives for zero supply, demand, and emissions of mercury from all anthropogenic sources, with the goal of reducing mercury in the global environment to a minimum. www.zeromercury.org

