

## What to do (cont.)

- Use a dropper to collect the mercury particles. Alternatively, use two pieces of cardboard to assemble the mercury particles into larger particles. Move slowly and carefully to avoid the dispersion of mercury. Place the particles in the plastic bag.
- Thoroughly inspect the entire room with a flashlight, including floor cracks, for smaller particles of mercury or broken glass.
- Use adhesive tape to pick up glass shards or small particles of mercury: apply the tape to the infected area and gently peel it off to remove any debris. Place the tape in the plastic bag and then seal the bag.
- Place the plastic bag, which contains the mercury waste, pieces of glass, as well as all the materials you used (including the disposable gloves), in a cardboard box or garbage bag and close it tightly. Label it with the following: "CAUTION, MERCURY WASTE - Broken thermometer / broken lamp".
- Transfer the airtight garbage bag or cardboard box to the Green Waste Collection Point of your Municipality.

**Municipal  
Green Waste  
Collection Point**

**If** you or a family member has inhaled mercury vapours and is experiencing sensory disturbances (vision, hearing, speech), disturbed sensation and lack of coordination, symptoms of dizziness or vomiting, insomnia, anorexia, memory loss, tremors, tremors, tremors, tremors, salivation,

**Call the  
Cyprus Poison Center**

**TEL. 1401**

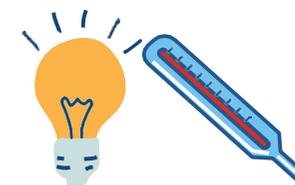
**SEEK MEDICAL ASSISTANCE  
IMMEDIATELY**

**If** you suspect that your pet has been exposed to mercury, call your veterinarian.



## Instructions for Handling Mercury Leakage from Products

What to do if a mercury-thermometer or an energy-efficient light-bulb breaks at home



---

© Human Biomonitoring &  
Control of Industrial Products Laboratory  
Cyprus State General Laboratory

---



This project received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement 733032

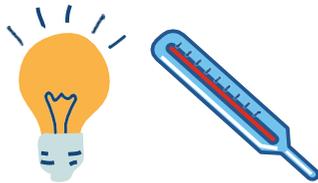
Nicosia  
2022



## Mercury in consumer products

Mercury is a metal, which is toxic when inhaled or comes in contact with the skin. Children and pregnant women are especially sensitive to the toxic effects of mercury.

Some consumer products, such as mercury thermometers and energy-saving light bulbs, contain small amounts of mercury. If these products break, we may get exposed to mercury.



In the event of an accidental breakage of such products inside the home, it is important to clean up the contaminated area and to dispose the waste properly.

This leaflet provides instructions for dealing with a broken energy saving light bulb or mercury thermometer at home, so as to minimize exposure and health risks.



## Precautions

- ✗ DO NOT touch the mercury with bare hands. Wear disposable gloves.
- ✗ DO NOT use a vacuum cleaner or broom. The vacuum cleaner diffuses mercury into the air and increases the chance of inhalation, while the broom breaks down the mercury pellets into smaller particles, dispersing them and making cleaning more difficult.
- ✗ DO NOT dispose of mercury in residential waste or down the drain (toilet or sink). Mercury causes clogging of drains and causes pollution of sewage and the environment.
- ✗ DO NOT walk around with shoes or clothes that may be contaminated with mercury. Doing this can spread the mercury contamination throughout the rest of the house.



## What to do:

1. Keep everyone – people (especially children) and pets away from the contaminated area.
2. Turn heaters off to minimize mercury evaporation.
3. Ventilate the area well, opening all exterior doors and windows and closing all interior doors leading to other rooms in the house. If possible, ventilate the affected area for at least two days.
4. Gather everything you will need to clean the contaminated area:  
  
Disposable elastic gloves, eye protection (if possible), mask, dropper or hardboard, plastic bags, carton box or trash bag for the waste, adhesive / duct tape, flashlight.
5. Remove your watch and any jewellery as mercury can combine with other metals.
6. Put on your personal protective equipment (gloves, mask, eye protection). Gather all the pieces of broken glass on a piece of kitchen paper. Wrap the pieces in the paper towel and place the paper in a plastic bag.