

# Signs and Symptoms of Methylmercury Poisoning

## Lower level exposures

sleep disturbance

headache

fatigue

difficulty concentrating

depression

memory loss

diminished fine motor coordination

muscle and joint pain

gastrointestinal upset

hair thinning

heart rate disturbance

hypertension

tremor

numbness or tingling around the mouth

## Highest level exposures

numbness or tingling in hands and feet

clumsy gait, difficulty walking (ataxia)

slurred speech

tunnel vision

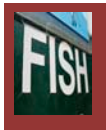
diminished visual acuity

*Information on this card was excerpted from:*

*Silbernagel et al., Journal of Toxicology, Volume 2011,*

*Article ID 983072, doi:10.1155/2011/983072*

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## Fish & Shellfish with LOWEST Contaminant Levels<sup>‡</sup>

Anchovies☺

Arctic char

Atlantic mackerel (*not King mackerel*)☺

Catfish (U.S. farmed)

Cod

Haddock

Herring☺

Perch

Pollock (fish sticks)

Salmon (wild)☺

Sardines☺

Shellfish (oysters (Pacific☺), shrimp, clams, mussels, scallops)

Tilapia

Tuna (Skipjack/"chunk light"; *not Yellowfin*)

Trout (Rainbow, farmed)☺

## Fish with HIGHEST Contaminant Levels

Bluefish<sup>∞</sup>

Croaker (White/Pacific)<sup>∞</sup>

Eel<sup>∞</sup> (American, European; *not Conger eel*)

King Mackerel

Marlin

Tuna (Bluefin<sup>∞</sup>, Bigeye)

Shark

Swordfish

Tilefish (Gulf of Mexico, *not Atlantic*)

Weakfish/Seatrout<sup>∞</sup>

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**<sup>‡</sup> For those who eat fish more than 2 times per week, please get more information on fish mercury levels at web site listed in footer.**

☺ A good source of omega-3 fatty acids

<sup>∞</sup> May contain harmful PCB levels

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