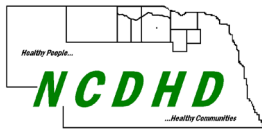


News Release



North Central District Health Department (NCDHD) represents the following counties;
Antelope, Boyd, Brown, Cherry, Holt, Keya Paha, Knox, Pierce, and Rock
316 East Douglas Street, O'Neill, NE 68763
(402) 336 - 2406 or (877) 336 - 2406

FOR IMMEDIATE RELEASE:
May 21, 2004

FOR MORE INFORMATION:
Roger Wiese 402-336-2406
1-877-336-2406

Mercury Thermometer Collection Targeted In Plainview

North Central District Health Department will be collecting mercury thermometers in exchange for digital thermometers at the **Plainview Health Fair** on Friday, June 4, 2004.

Metallic mercury is a silvery, mobile, liquid that is used in thermometers. It is a hazardous chemical that can cause harmful health effects when inhaled. In fact, most toxic effects relating to mercury exposure are from breathing contaminated air.

Prevention and source reduction of metallic mercury is the key to a healthy environment. To reduce the risk of mercury exposure, avoid using products that contain metallic mercury, substitutes such as digital thermometers are available.

Bring your family by the *North Central District Health Department's* booth between 3:00 and 7:00 p.m. at the Legion Club in Plainview to exchange your old mercury thermometer for a new digital thermometer while supplies last. Enjoy the Plainview Health Fair and remember, Healthy People Build Healthy Communities!