



KEEPING YOUR HOME AND FAMILY *HEALTHY*

Reduce your exposure to
**HARMFUL CHEMICALS IN
SELF-CARE PRODUCTS**



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at 360-407-6700 or email at hwtrpubs@ecy.wa.gov.
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WHAT'S IN THESE PRODUCTS **AND** **WHY?**

Manufacturers use toxic chemicals in self-care products in multiple ways, like preventing bacteria from growing and making scents last longer. Some examples of care products that can contain harmful chemicals include:



Fragrances and perfumes



Nail polish



Lotions and creams



Cosmetics and makeup



Hair products

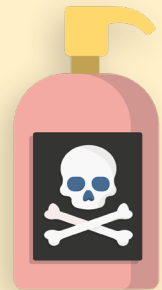
WHAT ARE **SELF-CARE PRODUCTS?**

Self-care and personal care products are anything you put on your hair or body—whether you leave it on or wash it off—to beautify, cleanse, or care for yourself. The toxic chemicals in some of these products can:



Legally
be made by companies and sold to you

Build up in our bodies and cause
negative health effects



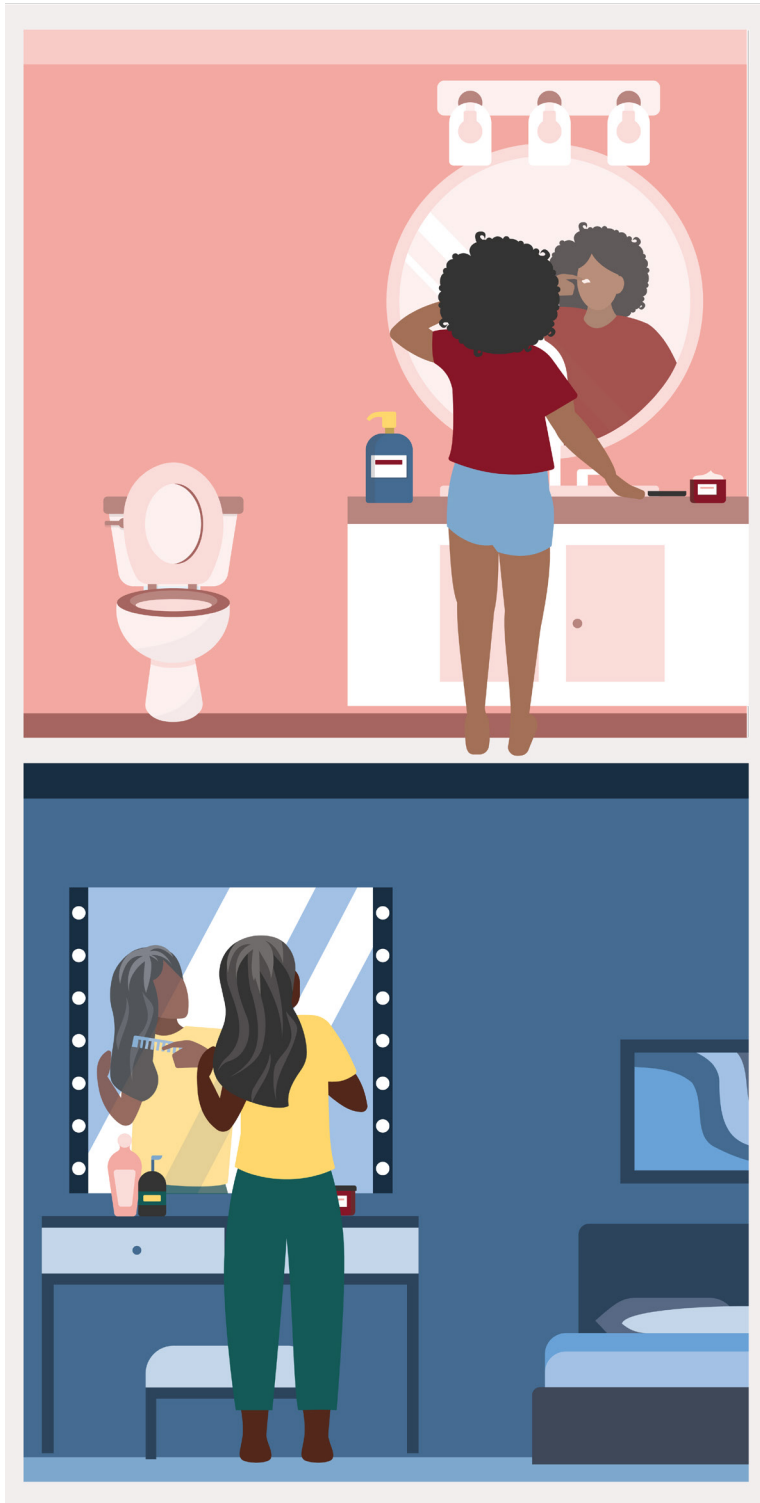
Escape into the environment and
harm wildlife

Expose women, especially women of color,
more frequently or at a higher level



HOW COULD I BE **EXPOSED?**

When we use products and as they degrade, toxic chemicals can be released. What goes on our skin or hair in personal care products can end up in our bodies. After being released, these chemicals can build up in our homes or escape into the environment.



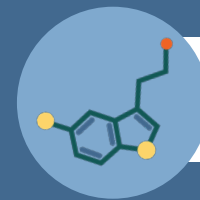
HOW COULD SOME OF THESE CHEMICALS AFFECT **ME?**



Pregnancy difficulties



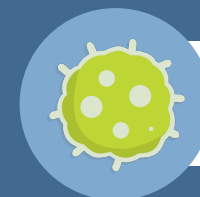
Changes in how children develop



Changes to hormone systems



Harm to brain development



Increased cancer risk

- 1 <https://www.c2ccertified.org/products/registry>
- 2 <https://www.epa.gov/saferchoice/products>
- 3 <https://www.ewg.org/skindeep/>

WHAT CAN I DO TO **PREVENT EXPOSURE?**

Here are some steps you can take to reduce your exposure to harmful chemicals in self-care products and other consumer products:



Reduce exposure to harmful chemicals at home with a few practices.

- Use a vacuum with a HEPA filter and dust your home frequently. Toxic chemicals can gather in dust and carpet. This is especially important to protect children and pets who spend more time on the floor.
- Leave your shoes at the door. We can track toxic chemicals into our homes on our shoes.

Avoid fragrances with unknown ingredients.

- Look for the word “fragrance” or “parfum” on ingredient lists—these ingredients can include thousands of different unknown chemicals.
- Choose fragrance-free products or products with clearly labeled fragrance ingredients.
- Shop for personal care products labeled phthalate-free.



Search for products without harmful chemicals.

- Look for [Cradle to Cradle certified products](#).¹
- Buy [EPA Safer Choice certified products](#).²
- Use the [Environmental Working Group's Skindeep database](#)³ to learn which ingredients are in your care products.

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