



KEEPING YOUR HOME AND FAMILY *HEALTHY*

Reduce your exposure to
PHTHALATES

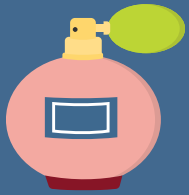


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WHAT ARE PHTHALATES USED IN AND WHY?

Phthalates are used in many consumer products, but some of the highest amounts are found in products made of soft vinyl or PVC, and in fragranced personal care and cleaning products. Some examples of products that contain phthalates include:



Fragrances and perfumes



Cosmetics and makeup



Fragranced cleaning products



Lotions and creams



Nail polish



Soft vinyl wallcoverings and shower liners

WHAT ARE PHTHALATES?

Manufacturers use phthalates to make plastics soft and flexible—especially in vinyl or PVC plastics. They also use them in cosmetic and personal care products to soften skin and make scents last longer. These toxic chemicals can:



Legally be used
in products made by companies and sold to you.

Cause negative
health effects.



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

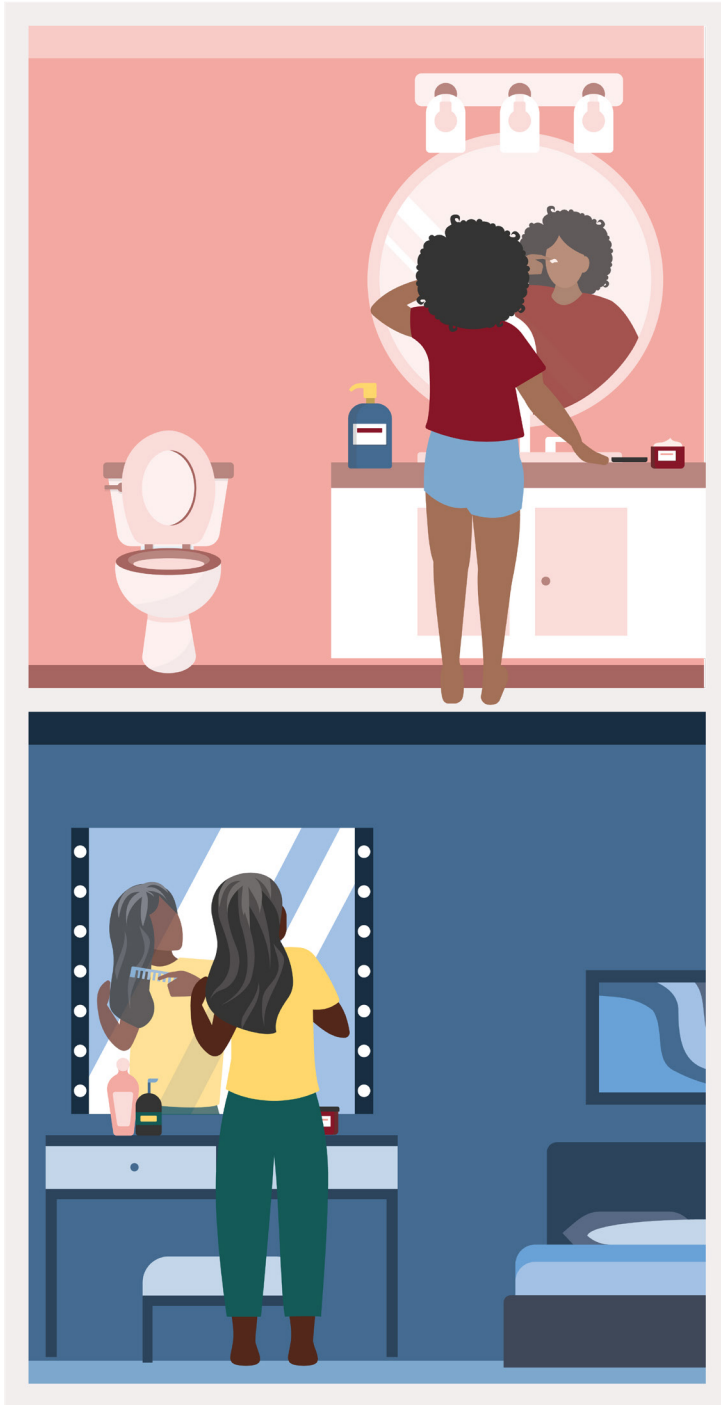
Be listed
only as “fragrance”
on ingredient labels.



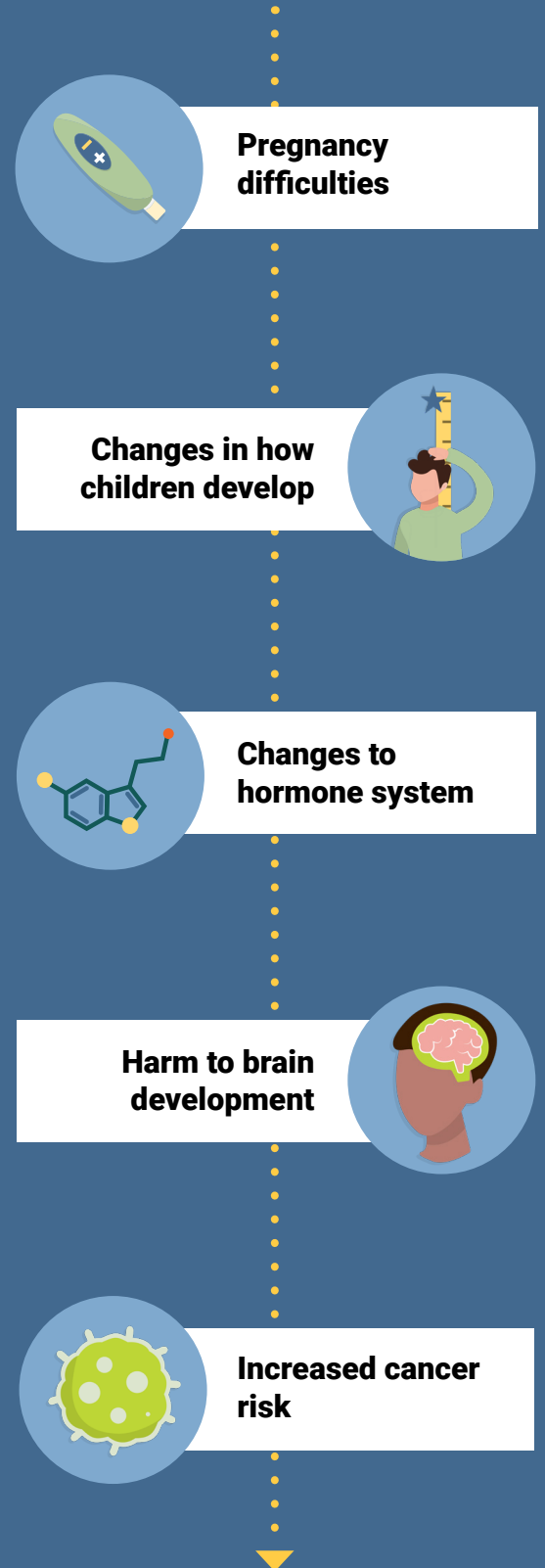
HOW COULD I BE *EXPOSED*?

When phthalates are mixed into plastics, they don't form strong chemical bonds. This means they migrate out of products and accumulate in house dust and indoor air. Phthalates used in personal care products can also contaminate indoor air and dust when you use them, for example when applying perfume or deodorant.

Common pathways for exposure:



HOW COULD PHTHALATES AFFECT ME?



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

Here are some steps you can take to reduce your exposure to phthalates:



Avoid fragrances with unknown ingredients.

The word “fragrance” or “parfum” on ingredient lists can include thousands of different unknown chemicals. Look for fragrance free products or products with clearly labeled fragrance ingredients.

Vacuum and dust your home frequently.

Toxic chemicals can gather in dust and soft materials like carpet. Use a vacuum with a HEPA filter to reduce exposure. This is especially important to protect children and pets who spend more time on the floor.



Purchase products without harmful chemicals.

- Look for personal care products labeled phthalate-free.
- 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 about ingredients in care products.



Image by pch.vector on Freepik

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