PERFLUORINATED COMPOUNDS (PFCS)

PFCs are a family of chemicals that help make materials stain- and stick-resistant. They stay a long time in our homes and build up in the food chain.

HOW ARE WE EXPOSED?
PFC’s are used to coat clothing or furniture to block stains and water. They are also in food packaging to block grease.

HOW CAN I REDUCE EXPOSURE?
- Wash hands after play and before eating
- Use glass containers
- Do not microwave or heat plastic
- Skip bottled water when possible
- Eat fresh or frozen food when possible
- Look for the number on the bottom of plastics: avoid #s 3, 6, and 7

BISPHENOL-A (BPA)

BPA is used to make two types of plastics polycarbonate (hard) and epoxy resins (can liners).

HOW ARE WE EXPOSED?
BPA is used in products such as water bottles, medical equipment, toys, consumer electronics, household appliances, and automobiles. Epoxy resins containing BPA are used as liners for many food and beverage cans as wells as thermal receipts.

HOW CAN I REDUCE EXPOSURE?
- Try to avoid purchasing or using the following:
  - Grease-repellent coatings found in food containers such as microwave popcorn bags and pizza boxes
  - Stain-resistance treatments. Don't choose furniture and carpets that are marketed as “stain-resistant,” and don't apply finishing treatments such as Stainmaster®
  - Non-stick cookware. Instead use stainless steel or cast iron pots and pans.
- Pesticides are used in the home to get rid of pests such as ants, cockroaches and moths. We also may use them outdoors in our gardens and yards.

HOW CAN I REDUCE EXPOSURE?
- Take your shoes off at the door
- Avoid bombs/foggers
- If necessary-use bait pesticides instead of sprays
- Use a certified pest control operator that employs Integrated Pest Management

TO LEARN MORE
visit: www.PSR.org
HORMONE DISRUPTING CHEMICALS

Our bodies are run by a system of hormones that control just about every bodily function. We think about this system—the endocrine system—often in the context of puberty, but it is needed in all phases of development, metabolism, and behavior. Chemicals in products like plastics and fragrances can mimic hormones and interfere with or disrupt the endocrine system, increasing health problems. We’re exposed to these chemicals daily, and are particularly vulnerable to them in utero and throughout childhood.

PHTHALATES

Phthalate chemicals are often added to personal care products to stabilize color and fragrance. They are also used to make plastic more flexible.

HOW AM I EXPOSED TO PHTHALATES?

Phthalates are commonly used in fragrances, cosmetics, lotions and nail polish. They are also used to make plastic more flexible and are found in polyvinyl chloride (PVC) and soft plastics.

Phthalates leach out of the products as they age or if heated. Once they leach out you can inhale, ingest or absorb them. Children can also be exposed by putting phthalate-containing products in their mouth.

HOW CAN I REDUCE EXPOSURE?

IN PERSONAL CARE PRODUCTS:

- Choose unscented products whenever possible
- Do not use air fresheners in the home
- Avoid products that list “fragrance,” since this term can indicate phthalates

IN PLASTICS/FOOD:

- Wash hands after playing and before eating
- Choose phthalate-free children’s toys
- Look for the number on the bottom of plastics: Avoid #s 3, 6, and 7
- Do not microwave plastic or put in the dishwasher

Adverse health effects may include:
Birth defects, ADHD, asthma, cancer, and fertility issues.