

WHILE SHOPPING

Always read the labels to avoid harmful chemicals like Bisphenol A, Phthalates, Parabens

Look for products with a small list of ingredients

Look for the number on the bottom of plastics: Avoid #s 3, 6, and 7

Choose fragrance-free cosmetics/personal care products

Avoid anti-bacterial products like triclosan or triclocarban in soaps or toothpaste

Purchase products that are naturally flame retardant like: Metal covers on electronics Wool/silk in furniture/fabric

Look for cleaners that are:
Chlorine - free
Labeled "free and clear"
Labeled "low volatile organic compounds" (VOC) or "no VOC."

TIPS FOR REDUCING HARMFUL CHEMICAL EXPOSURE IN YOUR DAILY LIFE

TO LEARN MORE

ABOUT REDUCING YOUR CHEMICAL EXPOSURE VISIT

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PHYSICIANS FOR SOCIAL RESPONSIBILITY

HARMFUL CHEMICALS ARE ALL AROUND US

With increases in chemical production, chronic diseases such as asthma, learning disabilities and childhood cancer are on the rise. Harmful chemicals are often used in products like toys, furniture or cleaners.

Fewer than half of the most produced chemicals in U.S. are tested for potential health effects.

To help protect you and your family, PSR has identified a few tips to reduce your harmful chemical exposure.

IN THE HOME

