

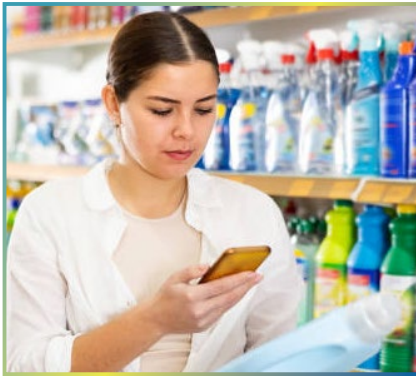


# Prescriptions for PREVENTION



Guidance from the Western States  
Pediatric Environmental Health Specialty Unit

## Consumer products



### Did you know?

Everyday products like toys, household cleaners, clothing, art supplies, and personal care products can have chemicals that are bad for kids' health. Not all products are tested for health and safety before they are sold. But, you can decrease your exposure to toxic chemicals by making informed product choices.



### Do

- ✓ **Use tools to pick safer products** like:
  - ✓ **EPA Safer Choice Certified** cleaning products;
  - ✓ **The EWG personal care products database**;
  - ✓ **Pay attention to recalls issued by the CPSC.**

#### For babies:

- ✓ **When diapering**, wash with plain water and unscented baby wipes.
- ✓ **Use teething toys** and pacifiers made with food-grade silicone.
- ✓ **Take preventive measures** to protect against pests, like fixing leaks, eliminating food sources and sealing entry points. If pesticides are necessary, use baits and traps instead of sprays, which can spread toxic chemicals to unintended surfaces.



### Don't

- ✗ **Do not use plastic packaging** and avoid purchasing or storing foods and beverages in plastics.
- ✗ **Do not dry clean your clothes.** If necessary, make sure to air them out in a well ventilated area prior to use.
- ✗ **Do not use talcum powder** to prevent moisture buildup in diapers. Talcum exposure can contribute to lung problems and cancers.
- ✗ **Don't purchase personal care products** that contain phthalates, parabens, oxybenzone and fragrances.



For more information, scan the code or visit  
<https://wspehsu.ucsf.edu/projects/prescriptions-for-prevention-exposure-sources/>

Material developed in partnership with the Environmental Research and Translation for Health (EaRTH) Center: <https://earth.ucsf.edu>