

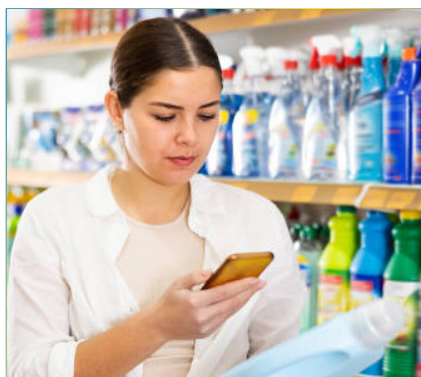


Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Bisphenols



Did you know?

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



Do

Use tools to pick safer products like:

- [EPA Safer Choice Certified cleaning products](#);
- EWG [personal care products](#) database;
- Monitor [recalls issued by the CPSC](#).
- Choose "low VOC" products like paints and products certified by groups such as UL ECOLOGO or Green Seal.

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 spread toxic chemicals to unintended surfaces.



Don't

- Don't use plastic packaging and avoid purchasing or storing foods and beverages in plastics. Especially avoid codes 1 (Bisphenols), 3 (phthalates), 6 (styrenes), and 7 (BPA)
- Never heat foods in plastic.
- Don't use teflon non-stick pans with PFAS/PFOA, try to use cast iron or steel cookware.
- Don't dry clean your clothes. If necessary, choose environmentally friendly drycleaners and make sure to air them out in a well-ventilated area prior to use.
- Don't 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, mercury or fragrances.



For more information, scan the code or visit

<https://wspehsu.ucsf.edu/curriculum-tools/prescriptions-for-prevention/>

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