



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Flame Retardants Including Polybrominated Diphenyl Ethers (PBDEs)



Did you know?

PBDEs are flame-retardant chemicals used in many products, such as mattresses, upholstery, rugs, and electronics. Although PBDEs were banned in 2013 from use in new products, they are still present in many materials and can interfere with the body's hormones. Infants and toddlers have higher exposures to PBDEs compared to older children or adults.



Do

- Replace or cover furniture made before 2005 that has rips/tears or exposed/crumbling foam filling
- Choose furniture that does not have chemical flame retardants
- Dust and clean your home frequently:
 - Use a wet cloth (microfiber is best) and a vacuum with a HEPA filter to remove PBDEs and dust in your home
- Children's hand-to-mouth habits are a major source of PBDE exposure
 - Have your children wash their hands with soap and water frequently
 - Frequently wash any toys or items they chew on with soap and water
- Eat vegetarian or select meat, poultry, and dairy products with a low-fat content – PBDEs can build up in the fatty tissues of animals
- When choosing to eat meats and fish, cook in a way that allows the fat to drain off to decrease chemicals like PBDEs



Don't

- Don't purchase or reclaim older furniture and products such as mattresses that contain polyurethane foam, look for other kinds of fillings
- Don't let young children put electronics in their mouths, they may contain PBDEs
- Don't eat farmed fish, such as salmon, which has been shown to have particularly high PBDE levels. Choose wild fish when possible



For more information, scan the code or visit: wspehsu.ucsf.edu/prescriptions-for-prevention

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