



Prescriptions for PREVENTION

Guidance from the Western States
Pediatric Environmental Health Specialty Unit



Phthalates



Did you know?

Phthalates are chemicals that can affect our hormone systems. Hormone systems are important for normal bodily functions, including brain development and reproductive health. Phthalates are in thousands of products, including soaps, cosmetics, hair products, vinyl flooring, wall coverings, and plastic packaging. Exposure to some phthalates is associated with increased risk of reproductive harm, obesity and asthma. Some phthalates are suspected carcinogens.



Do

- When possible, **purchase personal care products that are phthalate free**
 - Choose unscented products whenever possible
- Wet mop or wet dust floors and surfaces to remove household dust
 - Use a microfiber cloth and/or a vacuum with a HEPA filter
- Use reusable glass, or uncoated stainless-steel containers for food and drink, especially hot items



Don't

- Don't use plastics with recycling codes #3 (PVC), #6 (styrene) and #7 (BPA)
 - If plastics cannot be avoided, choose #1 (PETE), #2 (HDPE), #4 (LDPE), or #5 (PP)
- Don't heat food in plastic containers, or put them in the dishwasher
- Don't over-rely on single use cups for hot beverages
- Avoid canned or processed foods- eat fresh!



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

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