

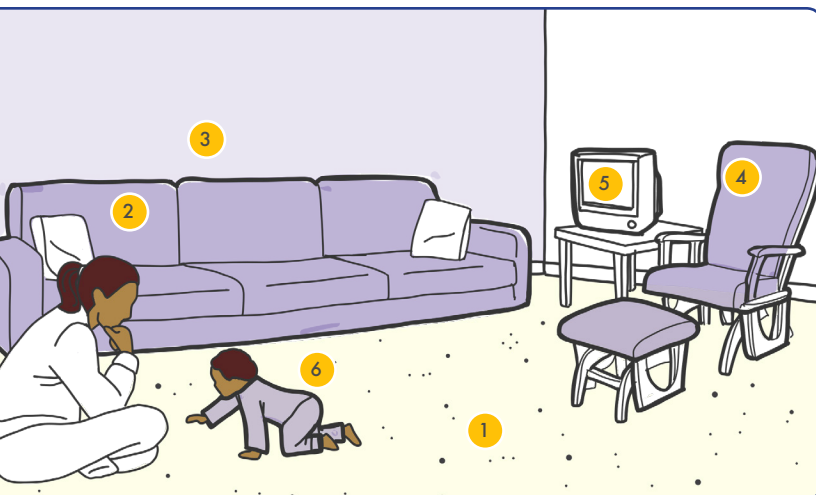
Flame Retardants

What are they?

Flame retardants are chemicals that are added or applied to materials in order to slow or prevent the start or growth of fire. These chemicals can migrate from products into our bodies and disrupt normal hormone function.

Where are they found?

1. In dust and some carpet padding.
2. Furnishings: In many older products containing polyurethane foam, including highchairs, car seats, mattresses, and changing pads.



3. Building & construction materials: electrical wires and cables, and insulation materials, such as polystyrene and polyurethane insulation foams.
4. Transportation products: seats, seat covers and fillings, bumpers, overhead compartments, and other parts of automobiles, airplanes, and trains
5. Polybrominated diphenyl ethers (PBDEs) found in some electronics.
6. Clothing: specifically, in children's loose fitting pajamas ages 9 months–14 years.

How can you protect yourself and your child from flame retardant chemicals?

- Check labels on children’s pajamas. Avoid options that are “flame resistant” and instead buy snug fit when possible.
- As furniture gets older and materials breakdown, this can increase chemical release. Consider replacing upholstered furniture (such as your couch) with newer furniture that has not been treated with flame retardant/resistant chemicals. Check the labels!
- Wet mopping and vacuuming with a HEPA filter to help remove contaminants from your home.
- Wash your hands and those of your children often.
- Reduce dust by having a good ventilation system in your home, this includes opening your windows when weather permits!



For more information on how flame retardants can affect you or your child’s health go to www.knowbetterlivebetter.org.

#smallchangesBIGdifference
#cchem2 #knowbetterlivebetter
#protectKidsHealth



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