What are Phthalates?
Referred to as the “everywhere chemical,” phthalates are common exposures in our daily lives.

How do they affect hormones?
Phthalates can mimic, block, or alter sex and reproductive hormones and are referred to as hormone “disruptors”. This disruption of natural processes has been connected to reproductive and development challenges such as premature birth, developmental delays, asthma, genital abnormalities, and obesity.

How do they get in our bodies?
Phthalates enter the body through our skin, mouth, and nose:
1. Through storing and heating foods in plastic containers.
2. Through chewing on certain plastic or vinyl toys.
3. Through cosmetics and personal care products.
Tips to avoid everyday exposure

**FOOD**
- Avoid canned foods; try fresh, frozen, and organic when possible.
- Do not warm foods up in plastic containers & let foods and liquids cool before storing.
- Avoid plastics in dishwasher.
- Try glass, stainless steel, or ceramic containers to hold and store food.

**PERSONAL CARE**
- Go back to basics! Consider non-toxic ingredients such as coconut oil for use in skin and hair.
- Avoid perfumes, fragrance, and air fresheners. Scent with essential oils, lemon, and cinnamon sticks.
- Avoid antibacterial hand sanitizer. Wash hands with plain soap and water.

**HOME**
- Use damp washcloth to clean surfaces and remove dust.
- Open your window when weather permits, invest in an HEPA air filter.
- Look for items with these phthalate-free symbols:

**BABY**
- Avoid plastics in baby products! Look for wood, wool, cotton, glass, or stainless steel items.
- Use non-toxic low VOC paint.
- Do not heat baby milk in plastic bottles! Always transfer milk to glass container for warming and let milk cool before putting into plastic.

#smallchangesBIGdifference  
#cchem2 #knowbetterlivebetter  
#protectKidsHealth

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