



KEEPING YOUR HOME AND FAMILY *HEALTHY*

.....

Reduce your exposure to
**HARMFUL CHEMICALS IN
SELF-CARE PRODUCTS**

WHAT'S IN THESE PRODUCTS **AND** **WHY?**

Manufacturers use toxic chemicals in self-care products in multiple ways, like preventing bacteria from growing and making scents last longer. Some examples of care products that can contain harmful chemicals include:



Fragrances and perfumes



Lotions and creams



Hair products



Nail polish



Cosmetics and makeup

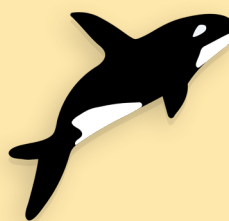
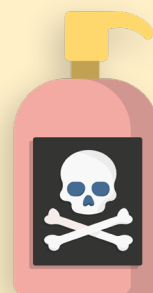
WHAT ARE **SELF-CARE PRODUCTS?**

Self-care and personal care products are anything you put on your hair or body—whether you leave it on or wash it off—to beautify, cleanse, or care for yourself. The toxic chemicals in some of these products can:



Legally
*be made by companies
and sold to you*

*Build up in our
bodies and cause*
**negative health
effects**



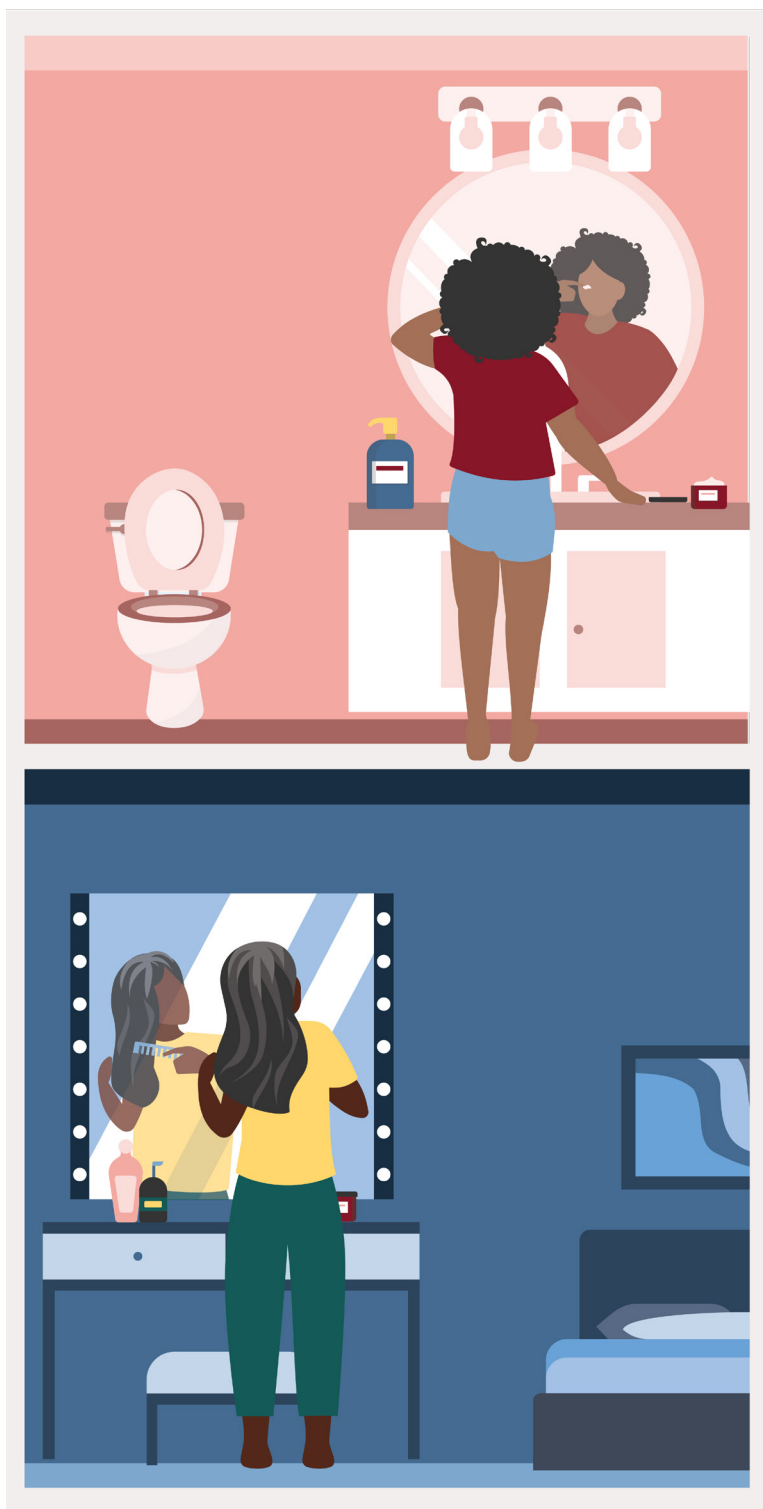
*Escape into the
environment and*
harm wildlife

**Expose women,
especially
women of color,**
*more frequently or at a
higher level*



HOW COULD I BE **EXPOSED?**

When we use products and as they degrade, toxic chemicals can be released. What goes on our skin or hair in personal care products can end up in our bodies. After being released, these chemicals can build up in our homes or escape into the environment.

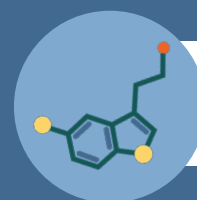
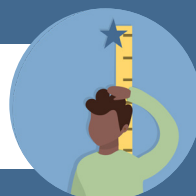


HOW COULD SOME OF THESE CHEMICALS AFFECT **ME?**



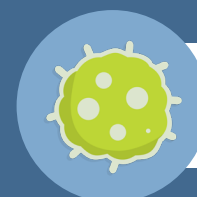
Pregnancy difficulties

Changes in how children develop



Changes to hormone systems

Harm to brain development



Increased cancer risk

- 1 <https://www.c2ccertified.org/products/registry>
- 2 <https://www.epa.gov/saferchoice/products>
- 3 <https://www.ewg.org/skindeep/>

WHAT CAN I DO TO **PREVENT EXPOSURE?**

Here are some steps you can take to reduce your exposure to harmful chemicals in self-care products and other consumer products:



Reduce exposure to harmful chemicals at home with a few practices.

- Use a vacuum with a HEPA filter and dust your home frequently. Toxic chemicals can gather in dust and carpet. This is especially important to protect children and pets who spend more time on the floor.
- Leave your shoes at the door. We can track toxic chemicals into our homes on our shoes.

Avoid fragrances with unknown ingredients.

- Look for the word “fragrance” or “parfum” on ingredient lists—these ingredients can include thousands of different unknown chemicals.
- Choose fragrance-free products or products with clearly labeled fragrance ingredients.
- Shop for personal care products labeled phthalate-free.



Search for products without harmful chemicals.

- Look for [Cradle to Cradle certified products](#).¹
- Buy [EPA Safer Choice certified products](#).²
- Use the [Environmental Working Group's Skindeep database](#)³ to learn which ingredients are in your care products.

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ecology.wa.gov/ToxicFreeTips



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