



Phthalates

Did you know?

Phthalates can be found in flexible plastics and personal care products and cleaners with fragrance. Phthalates can affect the endocrine (hormone) system.

Action Plan

- Avoid heating plastic containers – use glass containers to heat and store food.
- Reduce household dust by wet mopping and wet dusting – phthalates and other chemicals can build up in dust.
- Choose fresh foods without plastic packaging.
- Shop smart and check labels.
 - Avoid plastic food/beverage containers with #3 recycling symbol.
 - Choose personal care products without phthalates.
 - Choose “fragrance-free” personal care products and household cleaners.

[more](#) →

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Did You Know?

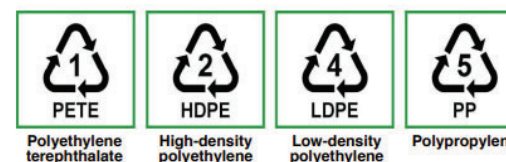
New York State’s plastic ban went into effect in October 2020. In New York City, businesses are required to collect a non-taxable 5-cent fee on paper carryout bags (with some exceptions.) To learn more, visit portal.311.nyc.gov and search “Plastic Bag ban.”

To get a free reusable bag, visit nyc.gov and search “zero waste pledge” to take the zero-waste pledge.

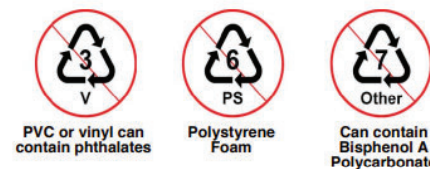
Resources

Reduce use of single-use plastics. If you choose plastics:

Choose safer plastics:



Plastics to avoid:



Source: Mount Sinai Children’s Environmental Health

To learn more about phthalates, visit niehs.nih.gov and search “Phthalates: The Everywhere Chemical.”

For more information visit: nyscheck.org/rxs

