



# Personal Care Products

## Did you know?

*Personal care products like shampoo, moisturizers, and others may contain chemicals that can potentially impact health. Safer options are available.*

## Action Plan

- Use fragrance-free soaps, shampoos, and lotions.
- Avoid using perfumes and fragrances.
- Consider deodorants without aluminum and propylene glycol (try those made from baking soda or cornstarch).
- Avoid toothpaste, soaps, and body washes with triclosan or that say “antibacterial.”
- Use nail polish labeled as “5-free”, “7-free”, or “9-free” because they do not contain chemicals like toluene and formaldehyde.
- Cosmetics and eyeliners bought in some foreign countries may have lead or other heavy metals, such as kohl, kajal, and surma.

[more](#) →

NYSCHECK.ORG

## Did You Know?

Using hand sanitizer can help protect you from COVID-19 if hand washing is not an option. Some sanitizers may be contaminated with methanol – and those should be avoided. To learn more, visit [fda.gov/unsafehandsanitizers](https://www.fda.gov/unsafehandsanitizers)

## Resources

While shopping, use the Environmental Working Group (EWG) “Healthy Living” database to select safer products. Visit [ewg.org/skindeep](https://www.ewg.org/skindeep) (or download app on your phone)

For more information on endocrine disrupting chemicals [nyscheck.org/plastic/](https://www.nyscheck.org/plastic/)

For frequently asked questions about sanitizer and COVID-19, visit [fda.gov](https://www.fda.gov) and search “Hand sanitizers and COVID-19”

For more information, visit [nyscheck.org/rxs](https://www.nyscheck.org/rxs)