



# Personal Care Products

for infants and children

## 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

- ❑ **Lotion:** Choose fragrance-free lotion.
- ❑ **Soaps:** Avoid “antibacterial soaps” such as those with triclosan. Choose fragrance-free body washes or bar soap with simple plant-based ingredients.
- ❑ **Diaper products:** Use unscented baby wipes or plain water. Avoid use of talcum powder.
- ❑ **Oral care products:** Avoid toothpaste with triclosan. Avoid use of topical benzocaine to relieve teething pain in babies, opt for safer teethingers made of food-grade silicone or a cold washcloth.
- ❑ **Sunscreen:** When possible, choose mineral-based products such as zinc oxide sunscreen instead of chemical-based products like oxybenzone.
- ❑ **Food allergies:** If your child has an allergy to nuts, seeds or others, check ingredients in lotions and soaps to make sure they do not contain nut- or seed-based oils.

[more](#) →

NYSHECK.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)

Version: August 2021

NYSHECK.ORG