



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

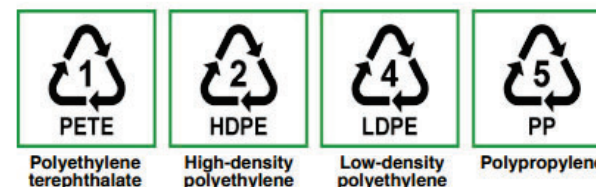
- ☐ Avoid heating plastic containers – use glass containers to heat and store food.
- ☐ Reduce household dust by wet mopping and wet dusting – phthalates and other chemicals can build up in dust.
- ☐ Choose fresh foods without plastic packaging.
- ☐ Shop smart and check labels.
 - Avoid plastic food/beverage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

[more](#) →

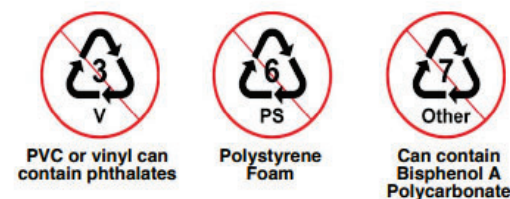
Resources

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

Choose safer plastics:



Plastics to avoid:



Source: Mount Sinai Children's Environmental Health Center

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

For more information visit: nyscheck.org/rxs

