



Personal Care Products

Did you know?

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

Action Plan

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

more →

Signature _____

Date _____

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 the app on your phone)

For more information on unsafe chemicals, visit [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 local resources concerning personal care products:

New York City	nyc.gov/health and search "hazardous consumer products"
New York State	health.ny.gov and search "Reducing Environmental Exposures: The Seven Best Kid-Friendly Practices"
Puerto Rico & U.S. Virgin Islands	Visit the FDA's page on cosmetics to learn about the safety of various personal care products: fda.gov/cosmetics

For more information, visit icahn.mssm.edu/research/pehsu/information