



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](#) →

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) or [fda.gov](https://www.fda.gov) and search “Hand sanitizers and COVID-19”

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)

Certain personal care products can be hazardous. Monroe County Household Hazardous Waste Facility (EcoPark) hosts special events where residents can drop off household hazardous wastes (appointment required) and medications. The service is free, but there is a small fee for some items such as refrigerant-containing appliances and tires. Call to make an appointment.

- Number: (585) 753-7600 (menu option 3)
- Address: 10 Avion Dr., 14624 (near the airport)
- Website: [monroecounty.gov/ecopark](https://www.monroecounty.gov/ecopark)

For information concerning environmental exposures in children, pregnant or lactating people, and people planning a pregnancy, contact the Finger Lakes Children’s Environmental Health Center at 844-352-3420 or visit [urmc.rochester.edu](https://www.urmc.rochester.edu) and search “Finger Lakes Children’s Environmental Health Center.”

For more information, visit [nyscheck.org/rxs](https://www.nyscheck.org/rxs) or call (844) 352-3420