



# 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](#) →

## 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

