



# 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

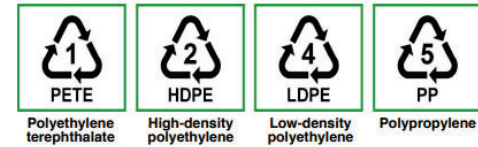
- ❑ Avoid heating plastic containers – use glass containers to heat and store food.
- ❑ Reduce household dust by wet mopping and wet dusting – phthalates and other chemicals can build up in dust.
- ❑ Choose fresh foods without plastic packaging.
- ❑ Shop smart and check labels.
  - Avoid plastic food/beverage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

[more](#) →

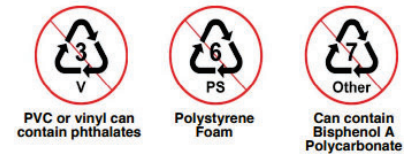
## Resources

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

### Choose safer plastics:



### Plastics to avoid:



Source: Mount Sinai Children’s Environmental Health Center

For more information on phthalates, visit:

[cdc.gov/biomonitoring](https://www.cdc.gov/biomonitoring) (under “Resources,” click “Chemical Factsheets” and scroll down to “Phthalates”)

[health.westchestergov.com/bisphenol-a-and-phthalates](https://www.health.westchestergov.com/bisphenol-a-and-phthalates)

For more information about choosing safer plastics, download the EWG Healthy Living App at [ewg.org/apps/](https://www.ewg.org/apps/)

For more information visit: [nyscheck.org/rxs](https://www.nyscheck.org/rxs)

To request an environmental telehealth consultation with one of the experts at the Children’s Environmental Health Center of the Hudson Valley, please call 914-493-7585.

