



Phthalates

Did you know?

Phthalates can be found in flexible plastic products and in personal care products with fragrance. Phthalates can affect the endocrine (hormone) system.

Action Plan

Use glass containers to heat and store food.

Reduce household dust by wet mopping and wet dusting because phthalates can build up in dust.

Opt for 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.

[more](#) →

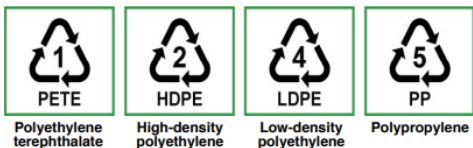


Resources

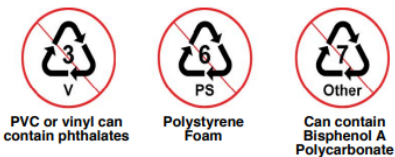
For more information, visit: www.nyscheck.org/rx

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

Choose safer plastics:



Plastics to avoid:



Source: Mount Sinai Children's Environmental Health Center

