



Prescriptions for Prevention

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 using deodorants without aluminum. Instead, try those made from baking soda or cornstarch.
- Avoid toothpaste, soaps, and body washes with triclosan or those 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, such as kohl, kajal, and surma, manufactured in foreign countries may have lead or other heavy metals.
- To find safer options for the products listed and more, use the **Environmental Working Group's SkinDeep** database. To learn more and access this resource, click [this link](#) or scan the QR code:
- Some hand sanitizers may be contaminated with methanol -- these should be avoided. To ensure that you are safely using hand sanitizer and learn which ones have been recalled, click [this link](#) or scan the QR code:





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Resources

Endocrine Disrupting Chemicals

To learn more from the National Institute of Environmental Health Sciences about endocrine disrupting chemicals and which types of personal care products they may be found, click [this link](#) or scan the QR code:



CSS Philadelphia

CSS Philadelphia offers free Shampoo, Conditioner, body wash, tampons/pads, nail care items, etc, among other free resources. To find the location closest to you and schedule an appointment, click [this link](#) or scan the QR code:



FindHelp Resource Hub

Input your zipcode to find nearby Philadelphia-based organizations providing free personal care products. To access this program, click [this link](#) or scan the QR code:



For more information on the resources here or other questions, contact the Philadelphia Regional Center for Children's Environmental Health at:

215-573-9076 prcceh@pennmedicine.upenn.edu

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