



Prescriptions for Prevention

Personal Care Products for Infants and Children

Did you know?

Personal care products like shampoo, moisturizers, and others may contain chemicals that are endocrine disruptors that can impact health.

Safer options are available.

Action Plan

- ▶ **Lotion:** Choose fragrance-free lotion. Some fragrances are endocrine disruptors.
- ▶ **Soaps:** Avoid “antibacterial soaps” such as those with triclosan. Choose fragrance-free body washes or bar soaps with simple, plant-based ingredients.
- ▶ **Diaper Changing 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 children younger than two. Opt for safer teethingers made of food-grade silicone or a cold washcloth.
- ▶ **Food Allergies:** If your child has an allergy to nuts, seeds, or others, check the ingredients in lotions and soaps to make sure they do not contain nut- or seed-based oils.
- ▶ **Sunscreen:** When possible, choose mineral-based products such as zinc oxide sunscreen instead of chemical-based products like oxybenzone.
- ▶ **Hand Sanitizers:** Some hand sanitizers may be contaminated with methanol and should be avoided. To learn more about using hand sanitizer safely, click [this link](#) or scan the QR code.
- ▶ While shopping, use the **Environmental Working Group’s SkinDeep** database to select safer products. To learn more and access this resource, click [this link](#) or scan the QR code:
- ▶ To find which hand sanitizers should not be used, search the **FDA’s Drug Recalls** list by clicking [this link](#) or scan the QR code:





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Resources

Learn More About 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:



► **The following resources provide free personal care products for children (these items may not be screened for endocrine disrupting chemicals).**

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:



Cradles to Crayons

Cradles to Crayons provides children up to 12-years-old old with the essential items including hygiene products they need to thrive. To learn more and locate services nearest to you, click [this link](#) or scan the QR code:



Catholic Charities of Philadelphia

Catholic Charities of Philadelphia offers free wipes, formula, baby food, and other resources. To find your nearest distribution center, 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:

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