



# Prescriptions for Prevention

## Phthalates

### Did you know?

Phthalates can be found in flexible plastics and fragrances. Phthalates can be bad for your health by affecting the endocrine (hormone) system.

## Action Plan

- Avoid heating plastic containers -- use glass containers to heat and store food.
- Phthalates and other chemicals can build up in dust. Reduce household dust by wet mopping and wet dusting.

- Choose fresh foods without plastic packaging. Eat less take out foods.

- Check labels while shopping.

- Avoid plastic food/beverage containers with #3 recycling symbol.
- Choose "fragrance-free" personal care products and household cleaners.
- Look for the EPA Safer Choice logo when shopping for household cleaners.



- While shopping, use the **Environmental Working Group's SkinDeep** database to select safer personal care and cleaning products and minimize phthalate exposure. To learn more and access this resource, click [this link](#) or scan the QR code:



- To find safer alternatives for all-purpose cleaners, disinfectants, and more use **EPA Safer Choice**. To search for certified products click [this link](#) or scan the QR code:



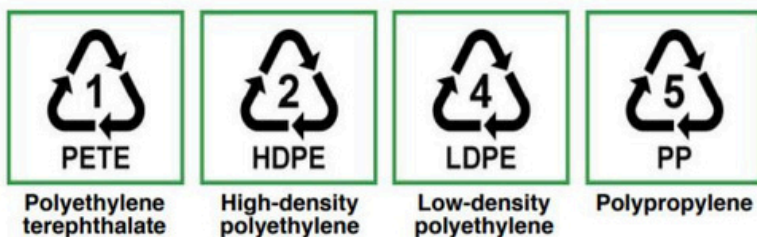


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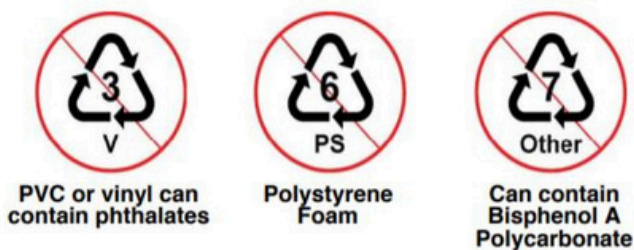
## Resources

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

### Choose safer plastics:



### Plastics to avoid:



Source: Mount Sinai Children's Environmental Health Center

## Learn More About Phthalates

To learn more about phthalates, how they affect health, and how to prevent phthalate exposure, 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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