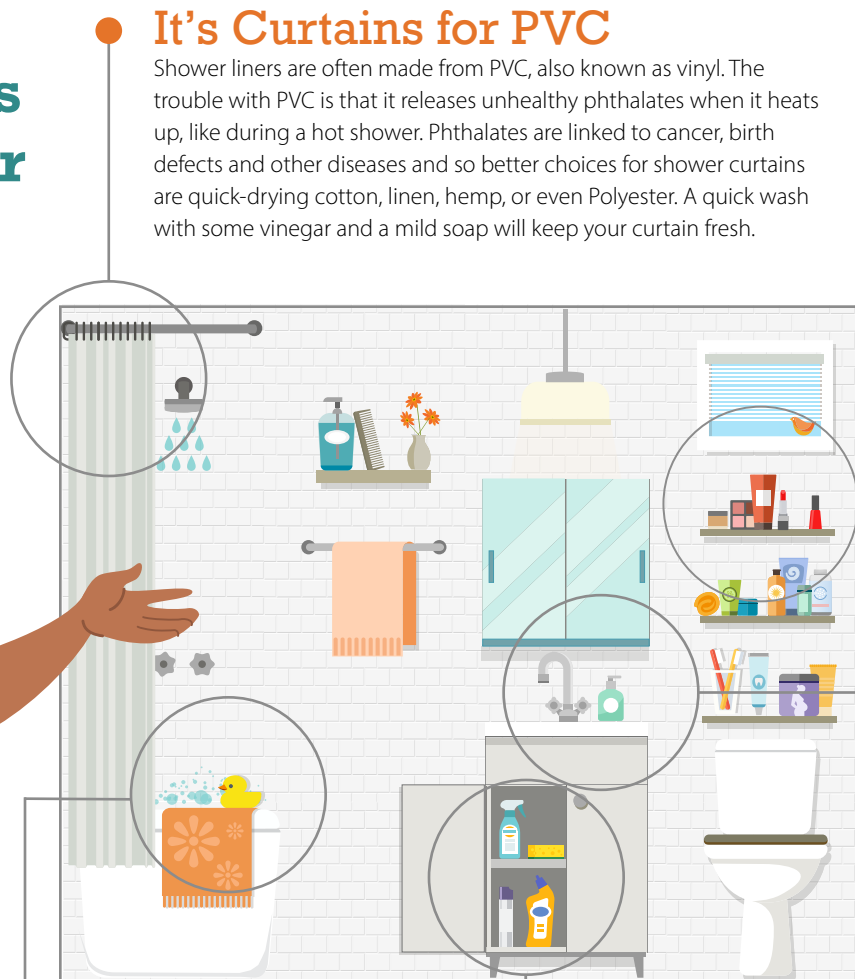


Tips to Avoid Toxic Chemicals During and After Pregnancy



It's Curtains for PVC

Shower liners are often made from PVC, also known as vinyl. The trouble with PVC is that it releases unhealthy phthalates when it heats up, like during a hot shower. Phthalates are linked to cancer, birth defects and other diseases and so better choices for shower curtains are quick-drying cotton, linen, hemp, or even Polyester. A quick wash with some vinegar and a mild soap will keep your curtain fresh.

Not So Pretty

Since the beauty industry is largely unregulated, many cosmetics and personal care products contain harmful ingredients that can negatively affect your health. Choose beauty products with simpler ingredient lists and fewer synthetic chemicals. Look for fragrance-free products. Here are some resources to get you started:

Apps and websites like EWG's Skin Deep and ThinkDirty will rate your personal care products for safety and toxicity. MADE SAFE certifies safe product with a special seal. Clearya alerts you to unsafe ingredients while shopping online and mySafetyNEST provides guidance on what to avoid and safer choices throughout your home.

Rub-a-dub

To fight COVID-19 and other viruses, wash your hands with plain soap and water for at least 20 seconds and dry them thoroughly. Soaps labeled "antimicrobial" or "antibacterial" can contain chemicals that interfere with healthy hormonal function, which can increase the risk of cancer, reproductive and brain development, and trigger allergies, asthma and eczema.

Tub Time

Look for bath toys labeled 100% natural rubber or plastic-free. Phthalates make plastic toys soft, but babies and toddlers can ingest them when they put them in their mouths. Another option is silicone, which has some characteristics of plastic but fewer chemicals that off-gas.

Cleaner, Greener

Chemically-filled household cleaners can be harmful to our lungs, eyes, and skin, and can be poisonous to children and pets. Use common products like white vinegar, baking soda or hydrogen peroxide instead of more costly cleaning chemicals. Or, choose chlorine-free products and cleaners labeled "Free and Clear", "No-VOC" or "Low-VOC". Keep cleaning materials out of children's reach. Install child-proof latches on under-sink cabinets.

