

USING SAFER PRODUCTS TO DECREASE POTENTIAL EXPOSURE TO HARMFUL CHEMICALS

Safe swap is choosing products that are made with safer or less harmful chemicals. Through safe swap, you can potentially reduce exposures to harmful chemicals that may have negative health effects, including worsening asthma symptoms, irritating the skin, and/or affecting the normal function of the hormone system. While some chemicals can be harmful to adults and children, children can be more sensitive to certain chemicals because children's bodies are still developing. Choosing less harmful products can help protect your family's health.

Here are some simple ways to do a safe swap:

1.

Purchase a stainless-steel water bottle instead of a plastic one because plastic bottles deteriorate quicker and may contain harmful chemicals.

2.

Use glass containers to store and reheat school lunches and other meals to avoid exposure to chemicals in plastics.

3.

Swap out products that contain added “fragrances” or “parfum” (perfume) for products that are fragrance free, because fragranced products may contain harmful chemicals.

4.

Swap out products that say they are long-lasting, water resistant, and stain resistant because they may contain potentially harmful PFAS chemicals. Examples of these products may include clothing, rain gear, shoes, and water-resistant backpacks.

5.

Swap out cleaning supplies and detergents for items that have the EPA Safer Choice label. This label means that the product uses safer chemical ingredients and meets strict EPA standards across several categories such as ingredient safety and product performance.

6.

Consider properly disposing of items at the end of their useful life including cookware, furniture, plastic containers since they may have been made with chemicals that are now banned or restricted such as PFAS (forever chemicals).

7.

Swap out chemically treated non-stick cookware for PFAS free cookware or options like cast iron, carbon steel, or stainless-steel cookware.