

# CHOOSE HEALTH, AVOID SKIN LIGHTENING



## LOVE YOUR SKIN

Some skin lightening products have **mercury** in them and are not healthy. They are **poisonous**. Mercury cannot be seen, felt, smelled or tasted, and often the skin product ingredient list is not complete.



### HEALTHY TIPS

- Know what's in your skin products
- Protect your skin with safe sunscreen
- Keep your skin moisturized and hydrated

### PROTECT

#### YOUR BABY



When breastfeeding, your baby takes in anything that is on your skin.

#### YOURSELF



Mercury from skin products is absorbed through your skin.

#### YOUR HOME



Using these products puts mercury into the air you and your family breathe.

# MANY SKIN LIGHTENING PRODUCTS CONTAIN MERCURY. DO NOT BUY OR USE.

This is not a complete list. Many products tested in Minnesota had mercury and/or other chemicals.

For more examples visit [health.state.mn.us/topics/skin](http://health.state.mn.us/topics/skin)



## STOP USING IT NOW



If you have been using a product with mercury, stop using it now. Your body will naturally get rid of the mercury over time.

**mn** DEPARTMENT OF HEALTH

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To obtain this information in a different format, call 651-201-4899. REV 05/2018

Mercury can affect memory, thinking, attention and success in school for babies and children.



People who use skin lightening products can have kidney or nervous system problems and develop pain and rashes.



## KNOW WHERE TO THROW

Do not throw harmful skin products in the trash. It can harm others if it gets into the environment. Take the skin product to a household hazardous waste site. Find your local hazardous waste site at [pca.state.mn.us](http://pca.state.mn.us)

