Formaldehyde and Children's Health

Formaldehyde is a chemical that is known to cause cancer in humans.

Common sources of formaldehyde exposure:
- Manufactured wood products
- Hair straighteners and cosmetics
- Paints and adhesives
- Smoke and exhaust
- Fabric finish

Formaldehyde exposure is bad for your health.

<table>
<thead>
<tr>
<th>Low exposure</th>
<th>Repeated exposure</th>
<th>Prolonged exposure</th>
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</thead>
<tbody>
<tr>
<td>Burning sensation in the eyes, nose, and throat</td>
<td>Bronchitis</td>
<td>Nasal or sinus cancers</td>
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<tr>
<td>Coughing, wheezing</td>
<td>Skin allergies, rashes</td>
<td>Leukemia</td>
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<tr>
<td>Nausea</td>
<td>Asthma-like allergies like coughing, wheezing, chest tightness</td>
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<tr>
<td>Skin irritation</td>
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Formaldehyde exposure can be prevented.

- Choose low volatile organic compounds (VOC) paints and adhesives.
- Open windows or use a fan to ventilate rooms, especially when painting.
- Ensure fireplaces and wood stoves are not leaking exhaust inside the house.
- Wash new clothing and bedding and avoid wrinkle-free fabrics.
- Purchase solid wood furniture and air out items containing manufactured wood before bringing into your home.
- Do not smoke.

Children's Environmental Health Center

www.cehcenter.org
info@cehcenter.org

@MountSinaiCEHC  @MountSinaiCEHC
Mount_Sinai_CEHC  MountSinaiCEHC

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