

# BPA and Phthalates

**Bisphenol A (BPA) and phthalates are chemicals that are added to some plastics and products. These chemicals seep into food and beverages and accumulate in house dust.**



**BPA and phthalates can be found in many products.**

You may be exposed to BPA or phthalates by:

Heating plastic products in the microwave or dishwasher.

Drinking water from a pipe or hose containing polyvinyl chloride (PVC), a type of plastic that uses phthalates.

Sucking or chewing items that contain vinyl such as toys or other soft plastic products.

Taking some medications with a time release coating.

Drinking beverages from #3 or #7 recycling symbols and some aluminum cans.

Using products that contain fragrance.

Through application of some dental sealants.

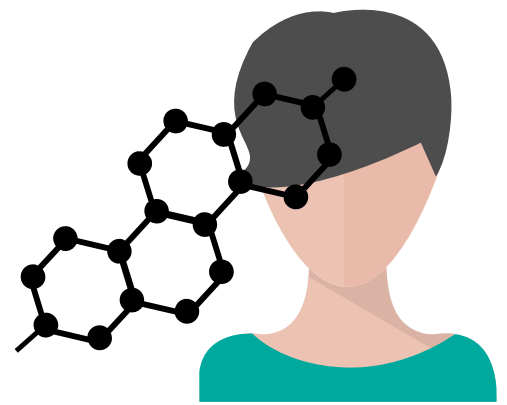
Eating certain canned and processed foods, and high fat meats, and dairy.

Handling thermal paper such as cash register receipts.

**BPA and phthalates can affect health.**

BPA and phthalates interfere with hormones that are naturally found in the body and affect how some organ systems work.

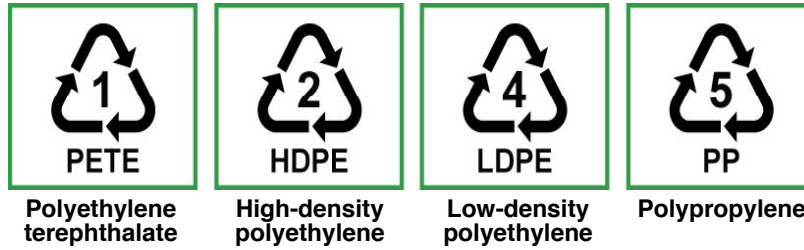
These chemicals may affect reproductive organs and increase risk of certain cancers, asthma, obesity, and developmental disorders.




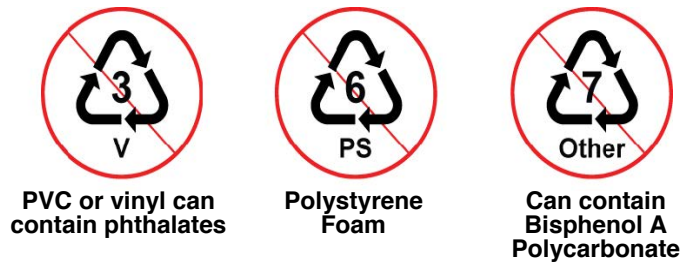
# It is easy to reduce exposure to BPA and phthalates.

Check the symbol on the bottom of plastic items.


## Choose safer plastics:




## Plastics to avoid:




Avoid heating plastic containers.



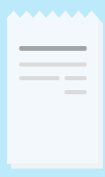
Avoid #3, 6, and 7 plastics and products labeled vinyl or PVC. Choose stainless steel or glass.




Choose fragrance-free products.



Avoid canned, processed or packaged foods. Choose fresh or frozen.



Opt for e-receipts instead of paper.



Reduce dust by wet mopping or vacuuming with a HEPA filtered vacuum.