




PHTHALATES | WHAT YOU NEED TO KNOW


1 Possible sources of exposure


 Plastic tableware containing phthalates

 Toys

 Personal care products

 Fabrics

 Medical devices

 Air & dust contaminated released from consumer products


2 How can phthalates enter your body?


Via ingestion 

Via dermal absorption 

Via inhalation 

3 How might phthalates affect your health?

 Attention deficit disorder, hyperactivity disorder

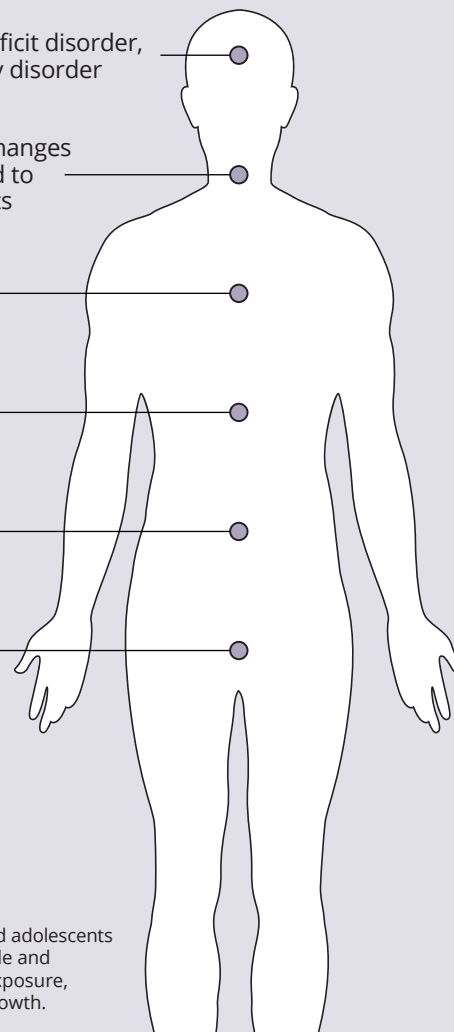
 Hormonal changes that can lead to health effects

 Asthma

 Insulin resistance


 Obesity


 Infertility





Note: Foetus, children and adolescents are much more vulnerable and sensitive to phthalates exposure, especially during early growth.


4 How can you reduce your exposure to phthalates?

 **Do not** microwave plastic utensils containing phthalates


 **Prefer** glassware to store food and beverages

 **Read** product labels and choose to use phthalate-free products


 **Clean** and **air** your home regularly to remove dust

 **Choose** fresh products rather than prepacked and processed food and drinks

The **European Union** has taken action to reduce citizens' exposure to phthalates known to cause risks to health such as banning several phthalates in all toys and childcare articles, prohibiting the use in the EU for specific uses, and setting legal limits for the concentration of certain phthalates in materials intended to be in contact with food.

 For further information on how the European Union is protecting citizens read the **HBM4EU Phthalates Factsheet**.

Where they can be possibly found?

 Phthalates may be present in plastics with the following pictograms:

