

TOXIC CHEMICALS & PREGNANCY

10 WAYS TO AVOID TOXICS DURING AND AFTER PREGNANCY



PLASTICIZERS



BISPHENOLS (BPA, BPB, BPF, BPS)



PFAS (PFOA, Gen-X, PFBS)



MERCURY



PESTICIDES



PHTHALATES



PERC and TCE



LEAD



FLAME RETARDANTS (PBDEs, OPFRs)



1 Avoid eating, drinking or storing food in plastic

2 Don't microwave in plastic

3 Cook with cast iron or stainless steel rather than non-stick pans

4 Avoid eating fish high in mercury or PCBs like shark and swordfish

5 Eat fresh, organic foods whenever possible

6 Limit cosmetics use

7 Avoid dry cleaning or stain treating clothes

8 Use a wet mop when cleaning

9 Avoid consumer products with flame retardants

10 Remove shoes before entering your home

WHAT HEALTH PROFESSIONALS AND POLICYMAKERS CAN DO



Advocate for policies to prevent exposure to toxic environmental chemicals



Work to ensure a healthy food system for all



Make environmental health part of health care



Champion environmental justice