

# 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