

10 TIPS TO AVOID ENDOCRINE DISRUPTING CHEMICALS IN AND AROUND THE HOME

WHY ARE WE CONCERNED?

Endocrine disruptors are chemicals that are not produced by the human body and that disrupt the functioning of our natural hormone system. They can lead to adverse health effects, to which children, adolescents and pregnant women are particularly vulnerable.

TIP 1

Peel your **fruit and vegetables** if they are not organic.

TIP 2

Avoid the use of **pesticides** in your garden and home.

TIP 3

Wash your new clothes, kitchen equipment and other products before use. Avoid clothes labelled 'odourless' or 'antibacterial'.

TIP 4:

Avoid air fresheners and fragrances as much as possible.

TIP 8

Avoid the use of food wrapped in plastic marked with recycling code 3, 6 or 7, as they can contain phthalates or other potentially dangerous substances.

TIP 6

Ventilate your home for 10 minutes 1-2 times a day.

TIP 7

Use damp cloths while cleaning and **dust regularly**. Try to use products that have an EU ecolabel.

TIP 5

Limit the use of cosmetics, lotions, hair dye and nail polish and do not use products with phthalates and parabens when you are pregnant.



TIP 9

Never reheat food in plastic.

TIP 10

Replace your **non-stick pots and pans** when damaged.