SUNSCREENS
Stay in the shade from 10 am to 4 pm
Wear a hat, sunglasses, & protective clothing
Use SPF 30 or higher
Avoid sprays and the ingredient oxybenzone
Use 7% or higher zinc oxide or titanium dioxide
Avoid added bug repellent

CHILDREN’S PRODUCTS
Avoid boric acid and sodium borate in diaper cream
Avoid 2-bromo-2-nitropropane-1,3-diol in baby wipes
Avoid toothpaste with fluoride for children under 2
Avoid play makeup like lipstick, perfume, and nail polish

More tips and product reviews at cosmeticsdatabase.com

Safer shopping tips
• Use fewer, simpler products.
• Don’t trust claims like “dermatologist-tested,” “natural,” or “organic.” Read the ingredient label instead.
• Take label warnings seriously. They indicate hazardous chemicals.
• Look up your products’ reviews at EWG’s cosmeticsdatabase.com.

INGREDIENTS TO AVOID
DMMD hydantoin and Imidazolidinyl urea toxic contaminants
Fragrance and dyes allergies, cancer, nervous system
Methylchloroisothiazolinone and Methylisothiazolinone allergies, nervous system
Parabens or “-paraben” hormone effects
“PEG” and “-eth” toxic contaminants
Sodium lauryl or laureth sulfate skin damage, toxic contaminants
Triclosan and triclocarban thyroid and environmental concerns
Triethanolamine (TEA) allergies, toxic contaminants

For more information on this list, visit cosmeticsdatabase.com

INGREDIENTS TO AVOID
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Fragrance and dyes allergies, cancer, nervous system
Methylchloroisothiazolinone and Methylisothiazolinone allergies, nervous system
Parabens or “-paraben” hormone effects
“PEG” and “-eth” toxic contaminants
Sodium lauryl or laureth sulfate skin damage, toxic contaminants
Triclosan and triclocarban thyroid and environmental concerns
Triethanolamine (TEA) allergies, toxic contaminants

With no required safety testing, cosmetics companies can use almost any chemical they want, regardless of risks. Read labels before you buy.

PRODUCTS TO AVOID
Anti-aging creams with lactic, glycolic, AHA, and BHA acids
Hair dyes with ammonia, peroxide, p-phenylenediamine, diaminobenzene; all dark permanent hair dyes
Liquid hand soaps with triclosan
Nail polish and removers with formaldehyde
Skin lighteners with hydroquinone

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• Subscribe to EWG’s newsletter.
  Sign up at ewg.org/signup
• Support the Kid-Safe Chemicals Act.
  Learn more at ewg.org/kidsafe

Make your own safe cosmetics guide
1. Cut along dotted line.
2. Fold guide in half down the middle.
3. Fold guide into thirds, like an accordion, to make it pocket-sized.

Cut along dotted line.1. First cut out guide, then fold here
2. Fold guide in half down the middle.
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Environmental Working Group
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