

# Healthy Kids

## Environmental Phenols Information



Environmental phenols are a group of chemicals with many different uses. They are commonly found in the products we buy, household materials, and food and beverage packaging.

Many environmental phenols are considered “endocrine disrupting” chemicals. This means that they affect the body’s natural hormones. Hormone changes can affect development in infants and children.

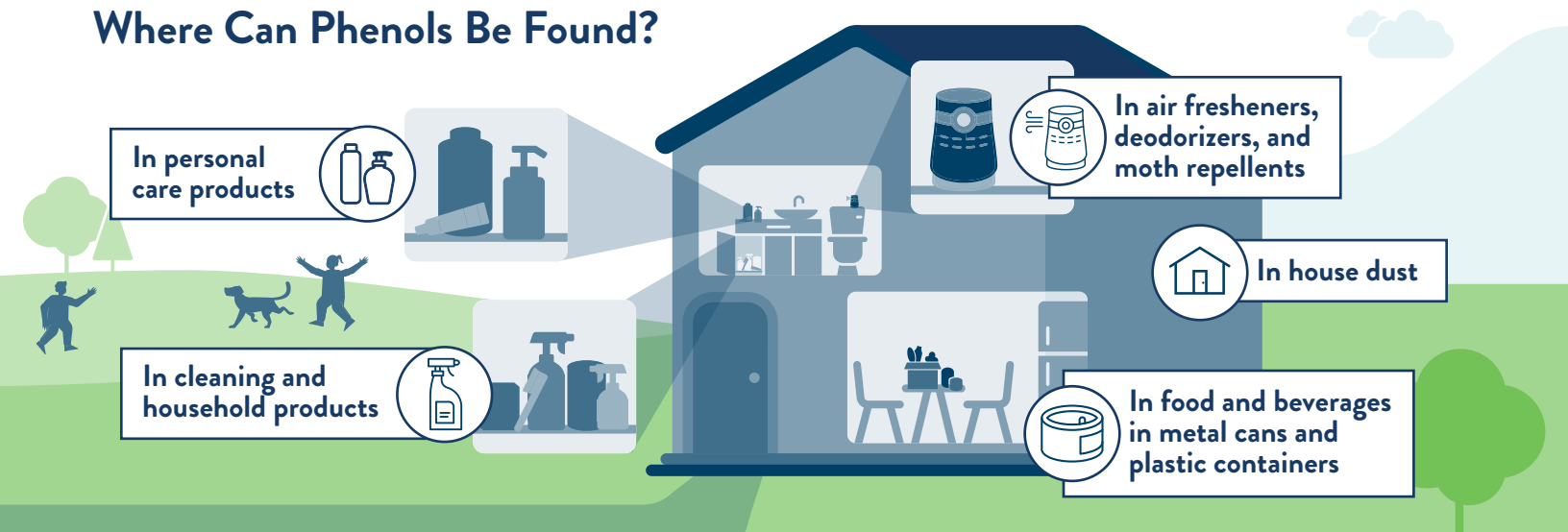
Finding environmental phenols in a child’s urine is common and does not mean your child’s health will be affected. Scientists are still learning what levels may be unsafe.

For more information and resources, please visit our webpage:



**Healthy Kids MN**  
[health.mn.gov/HealthyKidsChemicals](http://health.mn.gov/HealthyKidsChemicals)

## Where Can Phenols Be Found?



## Phenols Tested in Your Child’s Urine

Healthy Kids Minnesota tested for twelve environmental phenols in your child’s urine.

Name	Main Uses	Common Ways Kids Are Exposed
<b>Benzophenone-3</b> (also called oxybenzone)	<ul style="list-style-type: none"><li>Some sunscreens</li><li>Personal care products (such as body washes, moisturizers)</li></ul>	<ul style="list-style-type: none"><li>Plastics</li><li>Varnish and oil-based paints</li></ul>
		<ul style="list-style-type: none"><li>Using certain sunscreen</li><li>Using certain personal care products</li></ul>

## Phenols Tested in Your Child's Urine (cont.)

Name	Main Uses	Common Ways Kids Are Exposed
<b>Triclosan</b> <b>Triclocarban</b>	<ul style="list-style-type: none"> <li>Used to slow the growth of bacteria, fungi, and mildew in: <ul style="list-style-type: none"> <li>Toys, sporting goods, clothing</li> <li>Some personal care products (like toothpastes, soaps, lotions)</li> <li>Housewares/home furnishings</li> </ul> </li> </ul>	 Using antibacterial and antimicrobial products
<b>Bisphenol A</b> <b>Bisphenol F</b> <b>Bisphenol S</b>	<ul style="list-style-type: none"> <li>Used as a protective coating in metal food and drink cans and bottle tops</li> <li>Some paper receipts</li> <li>Used in plastics for: <ul style="list-style-type: none"> <li>Housewares (such as plastic dinnerware, food storage containers)</li> <li>Reusable water bottles</li> <li>Building materials (like grout, laminate flooring)</li> <li>Some dental sealants/fillings</li> </ul> </li> </ul>	 Eating canned food or drinking canned beverages  Consuming food and/or water stored or microwaved in certain plastic containers
<b>Methyl paraben</b> <b>Ethyl paraben</b> <b>Propyl paraben</b> <b>Butyl paraben</b>	<ul style="list-style-type: none"> <li>Used as preservatives in: <ul style="list-style-type: none"> <li>Personal care products (such as lotions, sunscreens, shampoos, skin cleansers, baby wipes, cosmetics)</li> <li>Some household products (like stain removers, pet shampoos)</li> <li>Certain foods and food packaging</li> <li>Some medications</li> </ul> </li> </ul>	 Using personal care products  Eating certain foods
<b>2,4-Dichlorophenol</b> <b>2,5-Dichlorophenol</b>	<ul style="list-style-type: none"> <li>2,4-dichlorophenol is used to make other chemicals. It is also a breakdown product of triclosan and the pesticide 2,4-D.</li> <li>2,5-dichlorophenol is a breakdown product of a chemical used in moth repellents (moth balls, crystals, flakes, and bars) and also used in some room, trashcan, and toilet deodorizers.</li> <li>Formed during some types of manufacturing and from burning trash, coal, and wood.</li> <li>Small amounts may be present in drinking water disinfected with chlorine.</li> </ul>	 Using room, trashcan, and toilet deodorizers and moth repellents  Drinking small amounts in water or breathing small amounts in air

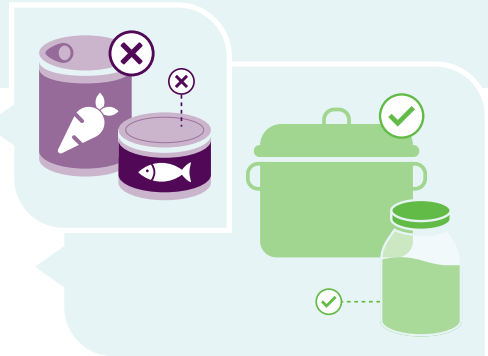
# How You Can Lower Exposure to Phenols



## Food and Beverages

Applies to: **Bisphenol A** **Bisphenol F** **Bisphenol S**

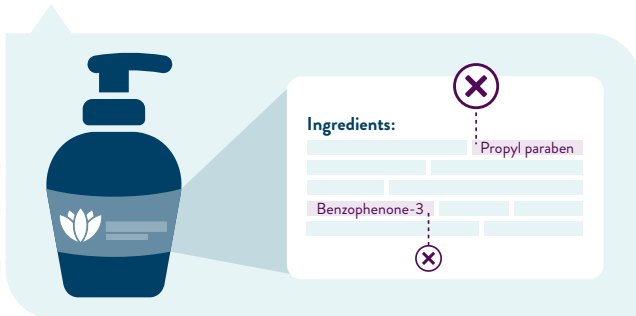
- Choose fresh or frozen food rather than canned food, if possible.
- Choose food or drinks in glass containers rather than metal cans. Do not heat food in metal cans.
- Store leftovers in glass or stainless steel containers instead of plastic.
- Microwave foods in ceramic or glass dishes instead of plastic containers.



## Personal Care Products

Applies to: **Benzophenone-3** **Triclosan** **Triclocarban** **Methyl paraben** **Ethyl paraben** **Propyl paraben** **Butyl paraben**

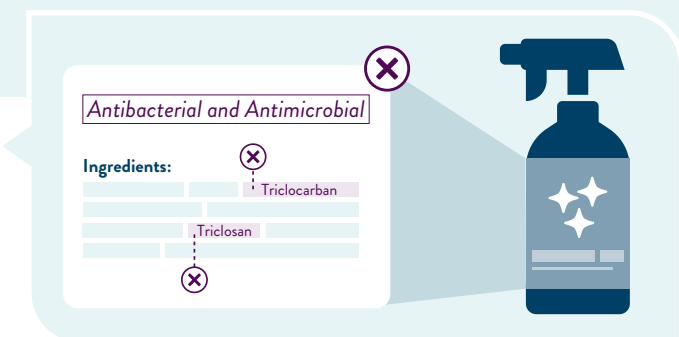
- Read the labels on personal care products. Choose ones that do not include parabens, benzophenone-3 (oxybenzone), triclosan, or triclocarban in the ingredient list.
- Choose sunscreens with zinc oxide and/or titanium dioxide as active ingredients, which physically (rather than chemically) block the sun.



## Cleaning and Household Products

Applies to: **Triclosan** **Triclocarban** **2,4-Dichlorophenol**

- Read the labels on cleaning products. Choose ones that do not include triclosan or triclocarban in the ingredient list.
- Avoid or limit use of household products or clothing marketed as “antimicrobial” or “antibacterial”.



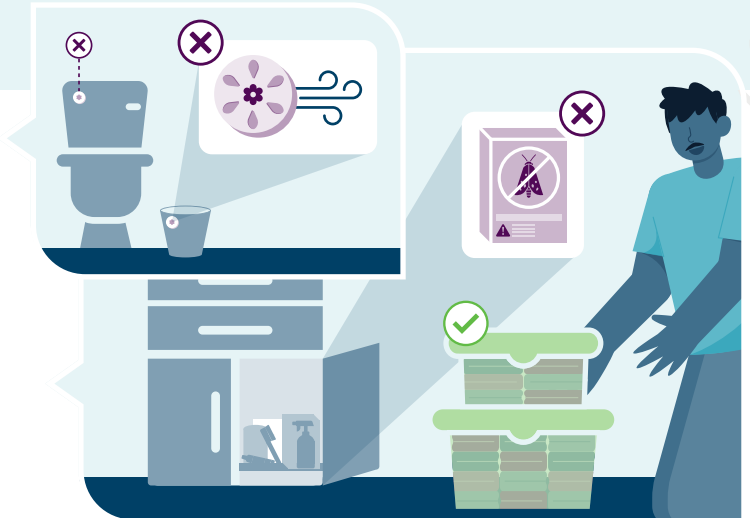
## How You Can Lower Exposure to Phenols (cont.)



### Air Fresheners, Deodorizers, and Moth Repellents

Applies to: **2,5-Dichlorophenol**

- Avoid or limit use of air freshening products and block deodorants in trashcans and toilets.
- Instead of using moth repellents, take steps to prevent moths. Use airtight storage containers and bags for clothing and bedding that are not used often.
- If you must use mothballs, only use them in containers labeled as airtight. Never use them in open spaces like rooms, closets, or attics. Fumes from mothballs can get into the air and cause harmful effects.

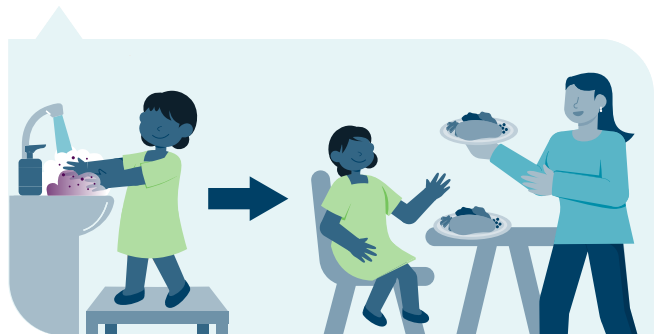


### House Dust

Applies to: **Benzophenone-3** **Bisphenol A** **Bisphenol F** **Bisphenol S** **Triclosan** **Triclocarban** **Methyl paraben**  
**Ethyl paraben** **Propyl paraben** **Butyl paraben** **2,4-Dichlorophenol** **2,5-Dichlorophenol**

Environmental phenols in consumer products and building materials can gradually leach from products and end up in house dust:

- Clean floors and surfaces in your home to keep dust from building up.
- Have your child wash their hands before eating.



[www.health.mn.gov](http://www.health.mn.gov)

To obtain this information in a different format, email:  
[health.biomonitring@state.mn.us](mailto:health.biomonitring@state.mn.us)

Minnesota Department of Health  
Biomonitoring Program  
625 Robert St N, PO BOX 64975  
St. Paul, MN 55155-2538



For more information and resources, please visit our webpage:  
[health.mn.gov/healthykidsmn](http://health.mn.gov/healthykidsmn)