



Khes mis Phthalates: Butyl benzyl phthalate (BBP), Dibutyl phthalate (DBP), Di (2-ethylhexyl) phthalate (DEHP)

Khes mis phthalates yog dabtsi?

Khes mis Phthalates siv ua kom cov khoom siv muag muag li cov yas, es yog cov khes mis tso ntxiv rau cov yas kom ua rau lawv ywj zog thiab kom kav ntev. Khes mis Phthalates kuj nrhiav pom hauv cov khoom siv tu cev thiab lwm hom khoom siv. Khes mis Phthalates yog khes mis es muaj kev cuam tshuam rau tib neeg lub cev cov kua faj siv (endocrine disruptors).

Khes mis Phthalates yeej nrhiav pom nyob ntawm khoom siv xws li:

- Cov khoom siv hauv vaj hauv tsev: tshuaj ntxhua khaub ncaws, cov tsho tiv nag es siv yas ua, cov xaim yas ywg dej, cov ntaub yas qhwv khoom, cov kua nplaum txhaws qhov khoob, cov khoom siv ntxuav tsheb, tej daim ntaub siv yas ua, thiab tej daim yas pua tsev (vinyl tile).
- Cov tshuaj tu tus kheej kom huv: xub npum zawv plaub hau, tshuaj pleev qhov tsos, cov roj siv kom nplua, tshuaj tsw qab/nab hoom, tshuaj txuag plaub hau, thiab tshuaj tha rau tes.
- Menyuam cov khoom siv: khoom rau cov mas ab xo thaum khaus khaus kaus hniav, cov khoom sij xuj pa, thiab tej co khoom menyuam siv es tsim ua ntej xyoo 2008. Tsoom fwv yeej txwv kom txog siv cov khes mis Phthalates ntau ntau nyob rau cov menyuam yaus tej khoom siv ua si, tabsis tej yam siv los hloov cov khes mis Phthalates, los kuj tseem siv cov khes mis es yeej tseem muaj kev phom sij thiab. Menyuam yaus cov khoom siv es tsim ua ntej xyoo 2008 los ntawm cov khes mis polyvinyl chloride es ua kom cov khoom ywj yeej muaj cov khes mis ntau ntawm peb hom khes mis Phthalates es tau teev rau hauv peb qhov qhoos kas Toxic Free Kids.

Kev txhawj xeeb ntawm cov khes mis Phthalates rau qhov qhoos kas Toxic Free Kids Program

Khes mis Butyl benzyl phthalate (BBP): Khes mis BBP yeej nrhiav pom hauv cov tshuaj tu tus kheej kom huv, cov kua nplaum txhaws qhov khoob, tshuaj tus tsheb, kua nplaum thiab thiab tej daim yas pua tsev (vinyl tile).

PHTHALATES: BUTYL BENZYL PHTHALATE (BBP), DIBUTYL PHTHALATE (DBP), DI (2-ETHYHEXYL) PHTHALATE (DEHP)

Khes mis Dibutyl phthalate (DBP): Khes mis DBP yeej nrhiav pom hauv cov kua xim tha tsev, cov kua nplaum, cov tshuaj txuag tiv thaiv yoov, tshuaj txuag plaub hau, tshuaj tha rau tes, thiab cov roj siv rau lub cuaj luaj ya mus saum ntuj.

Khes mis Di (2-ethylhexyl) phthalate (DEHP): Khes mis DEHP yeej nrhiav pom ntawm cov khoom siv hauv tsev, xws li cov kaus poom yas. Yeej siv cov khes mis nov los tsim cov xaim yas ntxig mus rau lub cev es siv tom tsev kho mob.

Leej twg yog cov neeg muaj kev phom sij tshaj plaws yuav raug thiab lawv muaj kev phom sij rau kev noj qab haus huv?

- Cov menuam mos ab thiab cov menuam yaus yog cov es muaj kev phom sij loj tshaj plaws vim tias lawv nyob ze rau ntawm npoo av thiab nqus tau cov pa thiab noj tau cov hmoov av yam tsis ras txog. Cov menuam yas es lub cev me zog thiab lawv cov khoom hauv nruab nrog cev tseem tab tom loj hlob kuj ua rau lawv yog cov es muaj kev phom sij loj zog rau kev noj qab haus huv thaum chwv raug cov khes mis nov.
- Cov tib neeg es xeeb tub hauv plab thiab cov menuam tseem nyob hauv plab mas muaj kev phom sij vim tias cov khes mis Phthalates yeej nkag tau mus rau txoj hlab ntsha ntawm leej niam thiab tus menuam es tsim kev txhawj xeeb txog kev loj hlob ntawm tus menuam tseem nyob hauv plab.

Cov neeg xeeb menuam hauv plab ho raug thiab chwv tau cov khes mis phthalates li cas?

- Nqus tau cov pa es muaj cov khes mis phthalates es yog cov khes mis nyob ntawm cov tshuaj tsw qab los yog tau dim pa tawm los ntawm cov khoom siv hauv vaj hauv tsev.
- Haus dej los ntawm cov kaus poom yas ntim dej es siv cov khes mis phthalates.
- Siv tshuaj tha ntiv tes, tshua tsw qab/nab hoom, xub npum, xub npum zawv plaub hau, tshuaj pleev tawv nqaij kom txhob qhuav qhuav, thiab lwm yam tshuaj siv tu tus kheej es tej zaum kuj muaj khes mis phthalates.
- Noj cov zaub mov es ntim hauv los yog ntim rau cov thawv yas es siv cov khes mis phthalates tsim es tej zaum dim pa los tsuas rau cov zaub mov thaum muab rhaub kom sov hauv lub maiv kaus ves.

Cov menuam mos ab thiab menuam yaus ho raug thiab chwv tau cov khes mis phthalates li cas?

- Cov menuam yau mas chwv thiab raug rau cov khes mis phthalates thaum lawv noj mov thiab haus cov dej es muab ceev tseg, muab ntim cia los yog muab rhaub hauv maiv kaus ves

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hauv lub tais yas.

- Lwm qhov kev raug thiab chwv yeej tswm sim tau thaum nqus tau cov pa es muaj cov khes mis phthalates tsuas rau. Piv txww, cov pa ntawm cov tswm ciab thiab cov tshuaj txuag kom tsev tswv qab es muaj cov khes mis phthalates nyob rau cov pa.
- Cov menuam yaus yog cov nyob ze rau ntawm npoo av thiab vim lawv ua tej yam kev ua si es phej siv-tes-kov-ces-chwv-qhov-ncauj thiab yeej chwv thiab raug cov khes mis thaum lawv xo thiab ntxais cov khoom es siv yas tsim tawm. Cov khes mis phthalates yeej xau pa tawm tau los ntawm cov khoom tib neeg yuav thiab nkag tau mus rau cov hmoov av. Cov menuam tseem yau mas chwv thiab raug rau cov khes mis phthalates no heev tshaj cov neeg laus vim tias lawv nkag hauv plag tsev thiab noj tau cov hmoov av yam tsis ras txog.

**Yuav tsum tau ua li cas thiaj txo tau qhov es chwv thiab raug
qhov khes mis phthalates??**

- Siv cov tshuaj tu tus kheej kom huv si es tsis txhob muaj tshuaj tsw qab, tshuaj ntxhua khaub ncaws, xub npum, thiab tshuaj ntxuav ntsej muag, vim tias yeej nrhiav pom cov khes mis phthalates nyob nrog cov tshuaj tsw qab.
- Siv cav nqus tsev nqus qhov chaw nyob kom huv si thiab nqus cov raj nqus cua tawm mus los hauv tsev kom huv si kom txo tau qhov es raug thiab chwv cov tshuaj khes mis phthalates es tej zaum lawv nyob nrog cov hmoov av.
- Siv tej khoom es muaj daim ntawv me me lo rau hais tias “tsis muaj khes mis phthalates,” suav nrog rau menuam yaus cov khoom uasi thiab cov tshuaj tu tus kheej kom huv si.
- Siv cov tais puaj phais los siv rhaub hauv maiv kaus ves, xws li cov phaj thiab tais iav, los rhaub zaub mov hauv maiv kaus ves es tsis txhob siv cov tais yas es tej zaum ho muaj cov khes mis phthalates.
- Yog tias ua tau, muab menuam yaus cov khoom ua si es siv yas ua qub lawm pom tseg (tsim ua ntej xyoo 2008) thiab cov khoom es tej zaum kuj muaj cov khes mis BBP, DBP, thiab DEHP nttau heev.
- Zam tsis txhob siv cov kav dej yas es ywj ywj PVC (vinyl) muaj tus lej cim 3 muab zom ua dua tshiab, vim tias cov khes mis phthalates mas feem ntau yeej muab xyaw rau kom lawv thiaj li phom thiab ywj ywj.

**Tej yam kev txhawj xeeb txog kev noj qab haus huv ntawm cov
khes mis phthalates yog dabtsi?**

Chwv thiab raug cov khes mis Phthalates yog ib qho kev txhawj xeeb txog kev noj qab haus huv vim tias nws yog ib hom khes mis es cuam tshuam rau tib neeg lub cev tsim cov kua faj siv tswj lub cev (endocrine system) es ua txuj ua hauj lwm li cov kua faj siv (harmone) los yog hloov qhov

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es cov kua faj siv yuav tsum tau ua hauj lwm hauv lub cev. Kev tshawb fawb kawm txog cov tsiaj tau qhia pom tias kev noj qab nyob zoo mas yog ib qho tsis zoo thaum chwv thiab raug cov khes mis phthalates. Cov kev cuam tshuam rau cov noj qab haus huv no tsim kev txhawj xeeb rau tib neeg kev noj qab haus huv thiab yeej yog ib qho tseem ceeb yuav tau ua twb zoo xyuas rau cov menuam yaus. Cov menuam yaus mas tiv tsis taus cov tshuaj khes mis nov li cov neeg laus, thiab qhov es cov menuam yaus nov raug thiab chwv cov khes mis nov heev dua mas vim yog tej yam kev ua si es phej siv-tes-kov-ces-chwv-qhov-ncauj. Qhov no ua rau lawv muaj kev phom sij loj dua rau kev noj qab haus huv thaum lawv raug thiab chwv cov khes mis.

Tej co kev cuam tshuam rau kev noj qab haus huv rau kev tshawb fawb pom ntawm cov tsiaj muaj xws li:

- Muaj khees xaws thaum raug thiab chwv cov khes mis DEHP thaum tshawb fawb txog cov tsiaj.
- Muaj kev puas tsuaj txog kev loj hlob rau tus menuam tseem xeeb tub hauv plab.
- Tus menuam muaj kev xiam oob qab thaum yug los.
- Muaj teeb meem rau kev tsim noob neej.
- Ua rau qhov es mob es laws ntsis (allergy) mas haj yam huam loj tuaj (piv txww, ua pa nyuaj, tawv nqaij qhuav thiab khaus).
- Teeb meem rau lub raum.
- Teeb meem rau ntshav qab zib.
- Teeb meem rau daim siab.

Cov ntaub ntawv qhia ntxiv

[EPA | Butyl benzyl phthalate \(BBP\)](https://iris.epa.gov/ChemicalLanding/&substance_nmbr=293)

[CPSC | Phthalates Business Guidance & Small Entity Compliance Guide](https://www.cpsc.gov/Business--Manufacturing/Business-Education/Business-Guidance/Phthalates-Information)

[CDC | ToxFAQs™ for Di-n-butyl Phthalate](https://www.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=858&toxicid=167)

[CDC | ToxFAQs™ for Di\(2-ethylhexyl\)phthalate \(DEHP\)](https://www.cdc.gov/TSP/ToxFAQs/ToxFAQsDetails.aspx?faqid=377&toxicid=65)

[NIH | NTP center for the evaluation of risks to human reproduction reports on phthalates: addressing the data gaps](https://pubmed.ncbi.nlm.nih.gov/15013060/)

[\(https://pubmed.ncbi.nlm.nih.gov/15013060/\)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC15013060/)

[MDH | Phthalates \(PDF\)](https://www.health.state.mn.us/communities/environment/childrens-health/docs/pclist/phthalates.pdf)

[\(https://www.health.state.mn.us/communities/environment/childrens-health/docs/pclist/phthalates.pdf\)](https://www.health.state.mn.us/communities/environment/childrens-health/docs/pclist/phthalates.pdf)

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