DO YOU WANT THE BEST MAKEOVER EVER?

DID YOU KNOW?

- Hairsprays, spray deodorants, and other aerosols disperse their substances in tiny droplets that can be inhaled deeply into your lungs and into your bloodstream.

- Fumes from nail polish, nail polish remover, and many hair care products also can be inhaled and enter your bloodstream.

- Compounds suspected of causing cancer are found in hair dyes.

- Two leading causes of allergies and irritation in cosmetics are from fragrances and preservatives.
**Strange But True**

- **Twelve billion** make-up containers are thrown into US landfills each year.
- **Air fresheners** stop your nose from smelling the odor, but don't get rid of the source of the odor.
- The overuse of antibacterial products may lead to super germs that are resistant to antibiotics.
- Over **10,000 chemicals** are used in personal care products - 89% of these chemicals have not been safety tested.
- **Lipstick** and **make-up** contain aluminum, a known toxin in humans, in order to make them long lasting!

**Positive Actions**

**Do you want the best makeover ever?**

Then...

- Look for healthy, **nontoxic** alternatives.
- Avoid products with **artificial fragrances** or **colors**, both of which are made from petroleum.
- Petroleum products may have **toxic effects** on both fish and mammals (like us!). So **choose** products with **natural** ingredients.
- Avoid **aerosol** products.

**Resources**

**Web**

- Hazardous products information for King County  
  [www.govlink.org/hazwaste](http://www.govlink.org/hazwaste)
- King County Department of Natural Resources  
  [kingcounty.gov/dnrp](http://kingcounty.gov/dnrp)
- Environmental Protection Agency  
  [www.epa.gov/students](http://www.epa.gov/students)
- Health, Environment, Green Living  
  [www.envirolink.org](http://www.envirolink.org)  
  *(Does not constitute endorsement by King County)*

**Phone**

- Household Hazards Line  
  206-296-4692 or 1-888-ToxicEd
- Poison control center  
  1-800-222-1222

**Alternative Formats On Request**

- 206-296-4466  |  TTY Relay: 711
- 1-800-325-6165 ext. 6-4466

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