HEAVY METALS IN HOUSEHOLD GOODS
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Women For A Healthy Environment

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www.WomenForAHealthyEnvironment.org
Red lipstick
Drinking water
Old toys and paint
Soil and dust
- Slowed growth and development.
- Learning and behavior problems (reduced IQ, ADHD, juvenile delinquency, and criminal behavior).
- Increased risk for: kidney disease, heart disease, anemia, osteoporosis, miscarriage, stillbirths, and infertility in men and women.

Seafood
CCA-treated wood products: deck, yard, or porch furniture
Wooden playgrounds
- Nausea, vomiting, diarrhea.
- Increased risk for diabetes, high blood pressure, cancer.
- Impaired cognitive development.
- Arsenic found in seafood is not known to be toxic in humans.

Fish and shellfish
Furniture
Antique jewelry
Beauty products like lightening creams
- Lung damage
- Memory and nervous system problems
- Skin rash
- Developmental abnormalities

Children’s jewelry
Cheap jewelry
Cigarette smoke
- Carcinogenic (cancer-causing): lung and prostate cancer
- Nausea, vomiting, diarrhea
- Kidney disease
- Eye and skin irritation

WHAT TO DO IF ITEM CONTAINS HEAVY METAL?
- Dispose of items by placing them in a sealed bag and putting it in your trash.
- Wash hands after playing outdoors and on wooden playgrounds and wash fresh produce before consumption to minimize the risk of ingestion.
- Do not donate items with high concentrations of heavy metals.