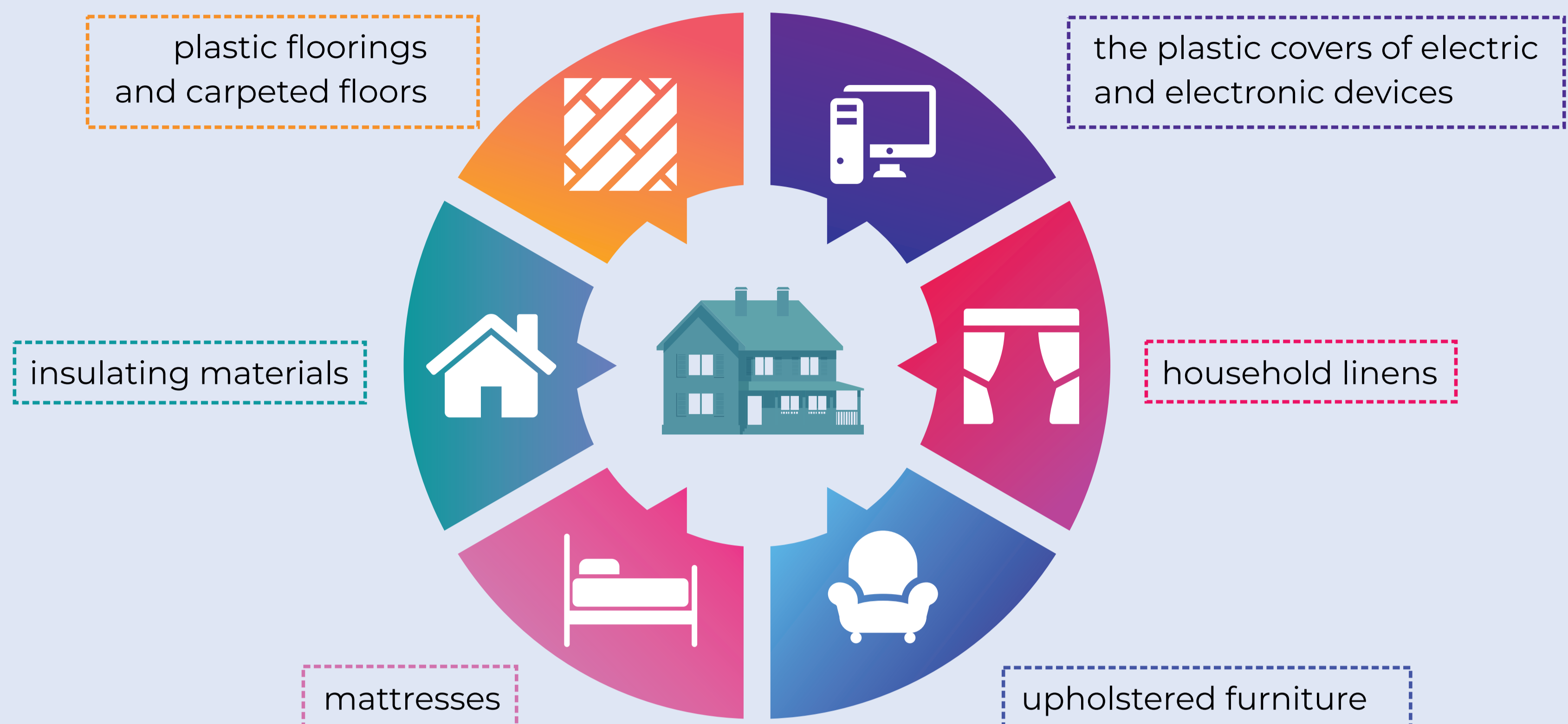


FLAME RETARDANTS

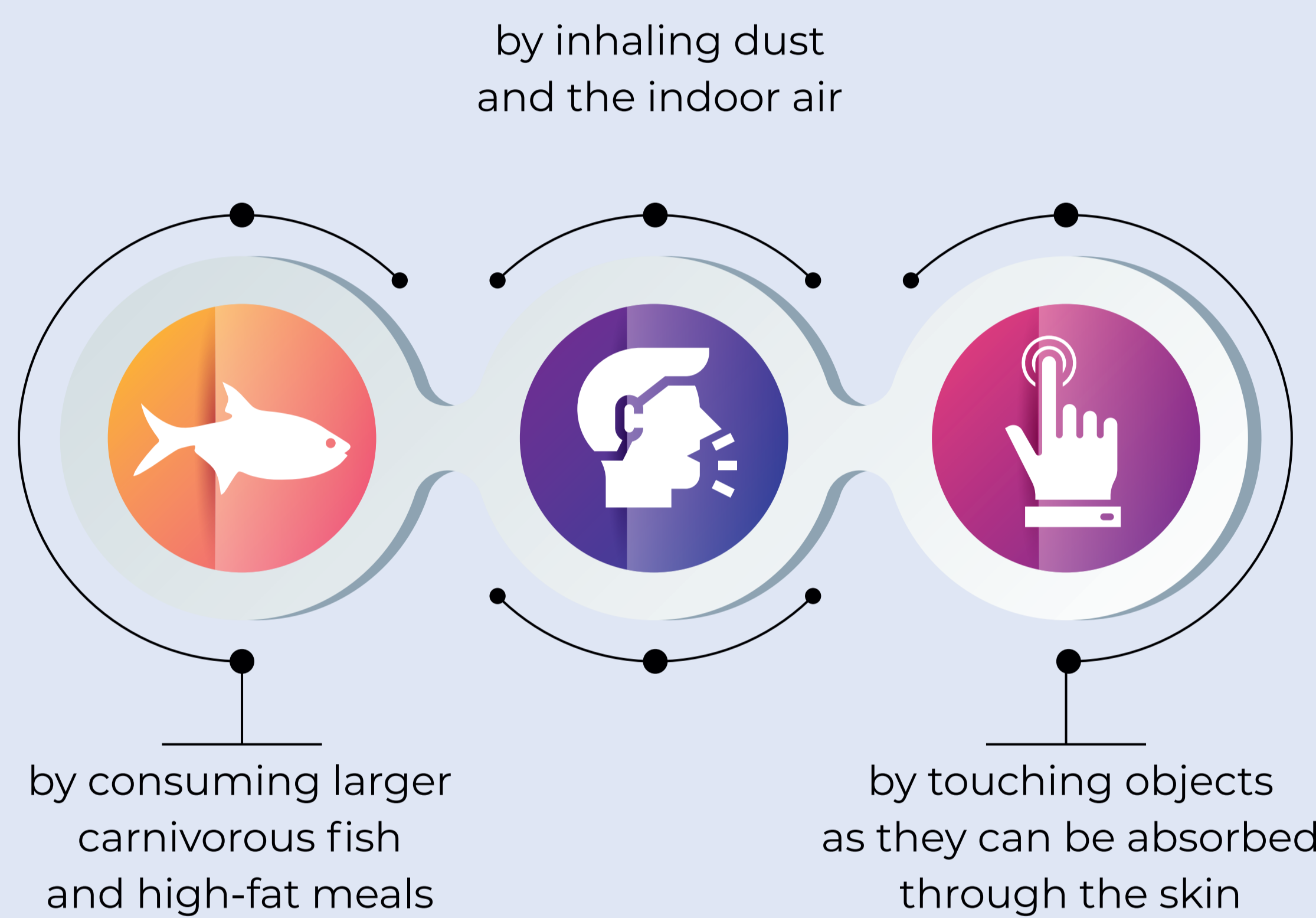
Flame retardants are compounds that can reduce the flammability of materials, making their use safe.

Household objects, furnishings and building materials can all contain flame retardants. When they get into the environment from these products they decompose very slowly. They are fat-soluble and can therefore accumulate in living organisms. The most frequently used flame retardants are the polybrominated diphenyl ethers (PBDEs).

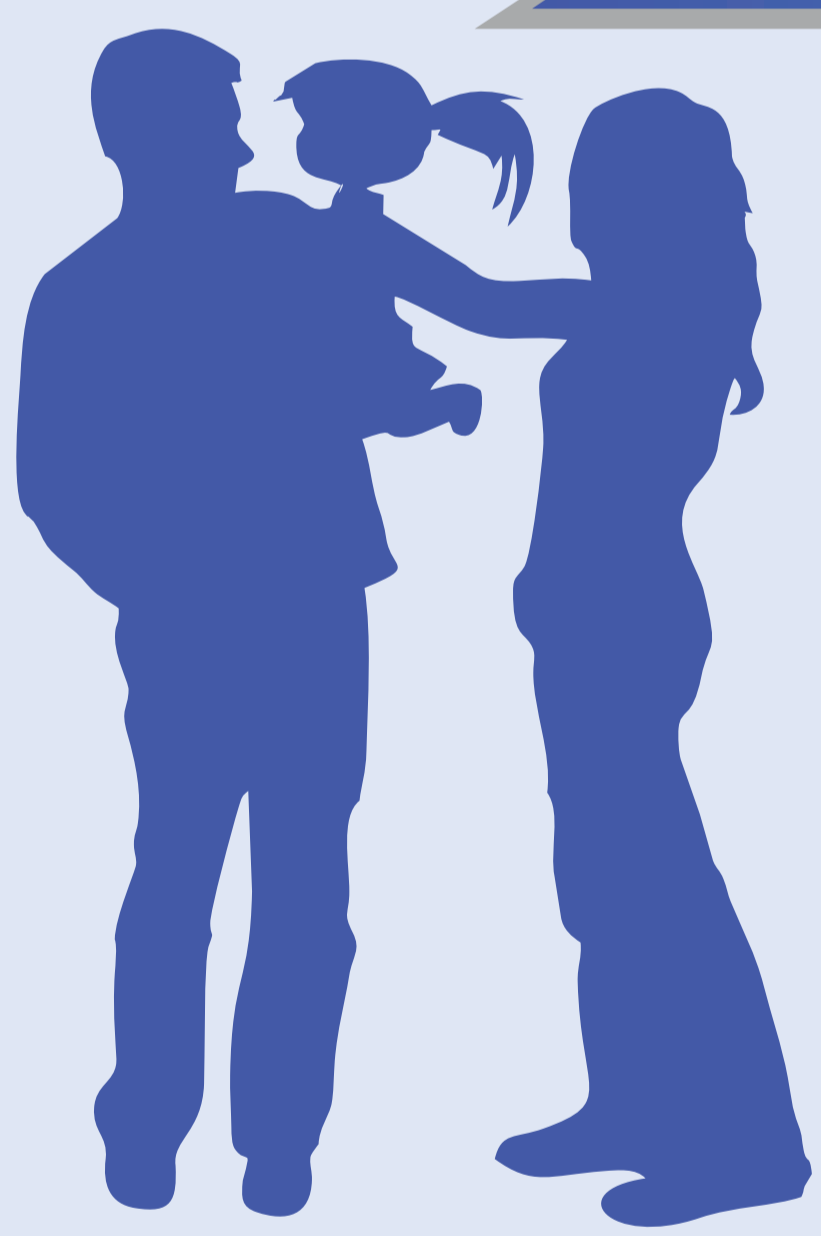
Where can they be found in our environment?



How can they get into our bodies?



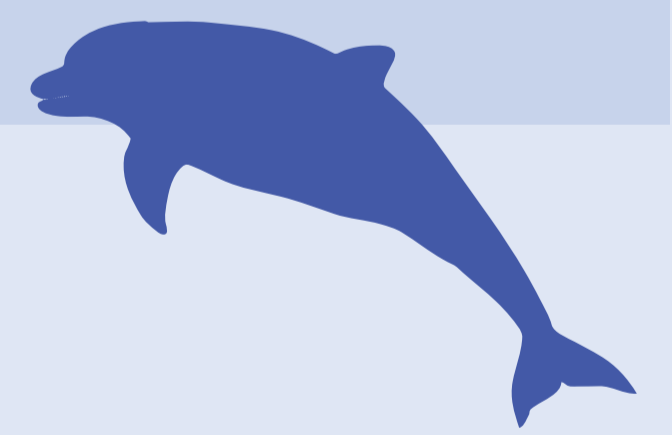
What adverse health effects can they have?




Flame retardants can enter the **foetus** from the mother's blood and the **infant** from the breast milk and can thus cause behavioural problems, hyperactivity, reduction in memory function and learning ability and can also alter sexual development.


They can cause sexual dysfunction, cancer and can damage the liver.

They can also harm **animal life**, entering the oceans and seas they can contribute to the significant population reduction of marine mammals.



How can we avoid them?

-  Purchase environment-friendly PBDE-free products!
-  Consume herbivorous, smaller fish!
-  Avoid fatty meals!
-  Mothers of infants should not be on a diet, because this causes harmful materials stored in the fat tissues to enter the breast milk, which can harm both the child and the mother.
-  Ventilate not just in your home, but at work and at school too!
-  Clean frequently with a wet cloth!
-  Choose covers and pillows that are filled with feather, down or wool!
-  Pay attention to the covers of mattresses and upholstered furniture! If the cover is damaged, have it repaired or replaced.
-  Reduce the amount of electronic waste through informed purchases!

 A small step for you, but large steps for your health and the planet.