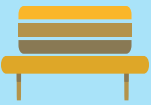


# Formaldehyde

CHILDREN'S ENVIRONMENTAL HEALTH CENTER at the  
MOUNT SINAI INSTITUTE FOR EXPOSOMIC RESEARCH

Formaldehyde is a chemical that is known to cause cancer in humans.

## Common sources of formaldehyde exposure:



Manufactured wood products



Hair straighteners and cosmetics



Paints and adhesives



Smoke and exhaust



Fabric finish

## Formaldehyde exposure is bad for your health.

### Low exposure

Burning sensation in the eyes, nose, and throat  
Coughing, wheezing  
Nausea  
Skin irritation

### Repeated exposure

Bronchitis  
Skin allergies, rashes  
Asthma-like allergies like coughing, wheezing, chest tightness

### Prolonged exposure

Nasal or sinus cancers  
Leukemia

## Formaldehyde exposure can be prevented.

- Choose low volatile organic compounds (VOC) paints and adhesives.
- Open windows or use a fan to ventilate rooms, especially when painting.
- Ensure fireplaces and wood stoves are not leaking exhaust inside the house.
- Wash new clothing and bedding and avoid wrinkle-free fabrics.
- Purchase solid wood furniture and air out items containing manufactured wood before bringing into your home.
- Do not smoke.

