

**If you would like  
more information about how  
to make your products  
safer, please contact:**

**California Healthy Nail  
Salon Collaborative**

**415-848-7715**



***\*\*Call your health provider if you  
think the chemicals are making you  
feel sick.***

**Members of the California Healthy  
Nail Salon Collaborative**

- Asian Health Services
- Asian Law Caucus
- Asian Advocacy Project of Community Action
- Asian Communities for Reproductive Justice
- Breast Cancer Action
- Breast Cancer Fund
- Northern California Cancer Center
- Orange County Asian Pacific Islander Community Alliance
- National Asian Pacific American Women's Forum
- Environmental Finance Center, Region 9
- California Department of Health Services, Environmental Health Investigations Branch
- Physicians for Social Responsibility, Los Angeles
- Alameda County Health Care Services Agency, Public Health
- United Food and Commercial Workers
- Los Angeles Nails Owner, Rene Nguyen
- California Department of Health Services, Occupational Health Branch, Hazard Evaluation System and Information Service
- U.S. Region 9 Environmental Protection Agency
- Women's Voices of the Earth

**Did you know?**



**Your nail salon care  
and cosmetic  
products are NOT  
regulated for safety...**

## WHAT CAN I DO TO PROTECT MYSELF FROM DANGEROUS CHEMICALS?

Cosmetic and nail care product manufacturers place dangerous chemicals in their products because the Federal Drug Administration (FDA) does not regulate them. The California Healthy Nail Salon Collaborative is a group that is helping to identify solutions that benefit both workers, owners and nail salon businesses. Here are a few tips that can help reduce your exposure to chemicals and protect yourself and your business.

### TIP #1

**Choose safer products!!**



Buy nail polishes without toluene, formaldehyde or phthalates and try to avoid using polish removers with acetone.

### TIP #2

**Wear gloves and long sleeve clothing to protect your skin, and a dust mask to keep from breathing in acrylic dust.**



Wear a disposable “dust mask” such as a mask called an “N95”.

### TIP #3

**Encourage employees to wash their hands, arms and face with mild soap and water several times a day.**



Always wash your hands before eating or drinking.

### TIP #4

**Do not eat, drink or smoke in the work area.**



Many chemicals used in a salon could cause health problems if swallowed. Salons should make a separate space for employees to eat.

### TIP #5

**Cover your trash and close your bottles when you are not using them.**



Place any trash soaked in chemicals in a sealed bag before throwing them in the trash can. Change trash bags and liners daily.

### TIP #6

**Make sure to have fresh air in your salon.**



Use exhaust fans or window air conditioners (on the non-recirculating ‘cooling’ or ‘fan’ mode). Try to use equipment to protect your health even though it may cost a little more.

**PROTECT YOUR HEALTH, JOB, AND BUSINESS BY REDUCING YOUR EXPOSURE!!!**