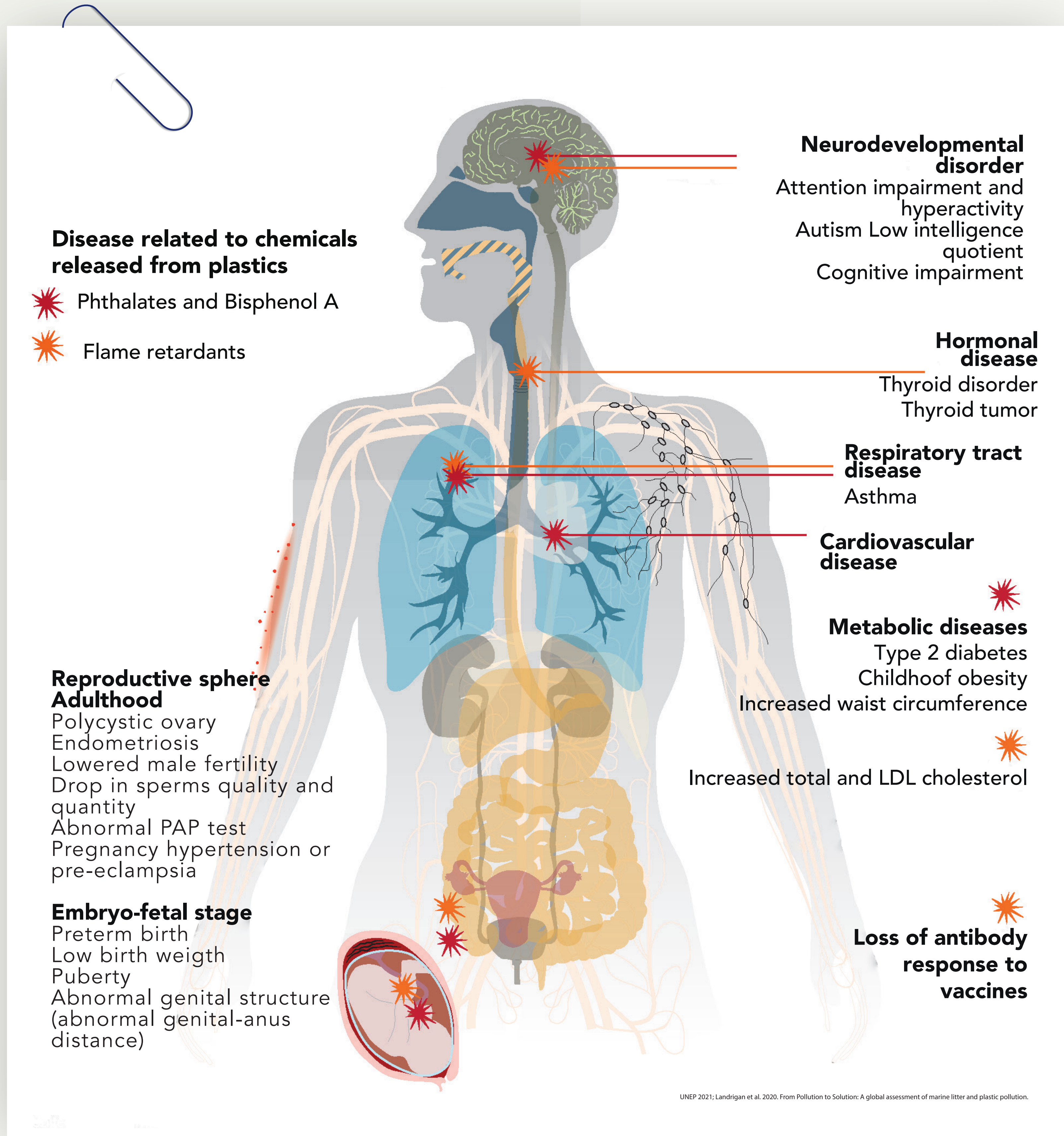


# ITALIAN NATIONAL INFORMATION CAMPAIGN ON HEALTH EFFECTS CAUSED BY PLASTICS

## BEHAVIORS THAT ARE BENEFICIAL TO BOTH OURSELVES AND THE ENVIRONMENT



Stop buying single-use plastic

Avoid plastic in everyday objects (cloths, cosmetics, etc...) and look for alternative materials

Choose shops offering unpackaged grocery and toiletries ([www.sfusitalia.it](http://www.sfusitalia.it))

Opt for green packaging and/or cloth or paper bags

Favour tap water over plastic bottled water.

**A single liter of plastic bottled water has 5 million microplastics particles on average.**

Use long-lasting water bottles (glass, steel...)

Start now!

Always dispose plastic waste in the appropriate bins.

Never throw plastic waste in the environment.

Get together with other citizens/parents in your city at school/ at the workplace/at the gym to organise campaigns and events to reduce plastic

Plastic, made from fossil fuels, damages ecosystems and animal and human health and has strong implications in the climate crisis. **Plastic can alter soil** (composition, stability, food production etc.). Microscopic particles (microplastics) can be found in the **atmosphere** and can be inhaled. Microplastics can pollute the **water** too and accumulate in the sediments, becoming **food for the fish** we eat. Microplastics can carry **pollutants and antibiotic-resistant bacteria**, they can alter intestinal and immune functioning. Only if we reduce the purchase of plastic we send a strong message to the manufacturers, together with protecting ourselves and our children, saving the environment and helping the climate not to get worse.

Plastic is produced from dangerous substances such as vinyl chloride, 1,3 butadiene, styrene with equally dangerous additives such as bisphenol A, phthalates, alkylphenols, perfluorinated. **These substances are transferred to the blood and distributed throughout the body. They also interfere with hormonal activity** (endocrine-IE disruptors). They have already been found in the blood and urine of adults and children and in the umbilical cord, proving to have the capability to pass through the placenta. **The most vulnerable period for these health effects are the first 1000 days of life**, because of the risk of malformations in the urinary tract and genitourinary organs, decreased male and female fertility and increased risk of testicular cancer in males.



### How to join the campaign

Read the poster, share your commitment with your doctor, follow the instructions, share the newly acquired knowledge. To report your support, ask for information, express doubts or send advice, write to [isde@isde.it](mailto:isde@isde.it)

**SCAN THE QR CODE** to fill in the survey and download the material.

This study joins the information campaign on health effects caused by plastics by committing to reduce plastics in the healthcare services.