



Health
Canada

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Cosmetics

Cosmetics are a part of everyone's life. Every day, people use products like lipstick, aftershave lotion and baby shampoo. Have you ever thought about how to use them safely?

Safety Tips

Check the container for safety information, including hazard symbols.

- Always read and follow directions carefully. Misuse of a product can lead to problems like rashes, burns or eye damage.
- Do not spray cosmetics near a flame or source of heat. This can cause fires or explosions.
- Keep cosmetic products out of the reach of children! If a child swallows a cosmetic, contact the nearest Poison Information Centre. The phone number is on the first page of your telephone book.
- Most cosmetics contain preservatives. These ingredients help keep germs from growing in the product. To make sure your cosmetics stay germ-free, follow these simple rules:
 - **Wash your hands** before putting on makeup;
 - **Do not** share makeup;
 - **Do not** add water or saliva to dilute makeup;
- A product labelled "hypoallergenic" can still cause allergic reactions. This means that the product is **less likely** to cause allergic reactions.
- If product directions say to do a patch test, do one to check if you are sensitive or allergic to something in the cosmetic. To do a test, follow these instructions:

1. Clean a small area of skin behind your ear or on the inside of your forearm.
2. Apply a small amount of the cosmetic and allow it to dry.
3. After 24 hours, wash the area gently with soap and water.

The cosmetic should not be used any more if the area is red, itchy, burning or blistering.

You will need to follow these steps every time you use a hair dye.

- If you suspect an adverse reaction to a cosmetic, stop using the product. Consult a doctor for advice if the reaction looks irritated and lasts long.

Help Us to Help You

You can report problems with cosmetic products to the nearest Product Safety Office, listed below.

Vancouver, British Columbia (604) 666-5003

Edmonton, Alberta (780) 495-2626

Calgary, Alberta (403) 292-4677

Saskatoon, Saskatchewan (306) 975-4502

Winnipeg, Manitoba (204) 983-5490

Hamilton, Ontario (905) 572-2845

Toronto, Ontario (416) 973-4705

Ottawa, Ontario (613) 952-1014

Montreal, Quebec (514) 283-5488

Longueuil, Quebec (450) 646-1353

Quebec City, Quebec (418) 648-4327

Moncton, New Brunswick (506) 851-6638

Halifax, Nova Scotia (902) 426-8300

St. John's, Newfoundland (709) 772-4050

