



Toluene

Why am I being warned about potential exposure to toluene?



- Toluene is on the [Proposition 65](#) list because it can cause birth defects or other reproductive harm. Significant exposure to toluene during pregnancy may affect the baby's development.
- Proposition 65 requires businesses to determine if they must provide a warning about significant exposure to [listed chemicals](#).

What is toluene?

Toluene is a solvent used to make some paint thinners, adhesives, and nail care products. It is also added to gasoline to improve its octane rating.

How does exposure to toluene occur?

- Products that contain toluene can release the chemical into the air, where it can be inhaled.
- Occasional use of these products, for example, when doing household projects, or visiting a nail salon, does not typically result in significant exposure to toluene.
- Toluene may be deliberately inhaled from some products for its mood-altering effects. This is often referred to as “glue sniffing,” and is a highly addictive and dangerous form of substance abuse.
- Smoking a [hookah](#) (also known as a waterpipe, shisha, or narghile) can expose you and those around you to toluene.
- During pregnancy, toluene can pass from mother to baby.

How can I reduce my exposure to toluene?

- ✓ When using products that may contain toluene, always follow the manufacturer's instructions and safety precautions on the product label.
- ✓ Make sure there is adequate ventilation in the workplace or other area where you use products that may contain toluene.
- ✗ Do not use hookahs or spend time in places where hookah smoking occurs.
- ✗ Do not deliberately sniff glue or other products that contain solvents like toluene. Keep these products away from children. To prevent [substance abuse](#), monitor use of these products by teens.

For more information:**General Fact Sheets and Resources**

- US Department of Health and Human Services (HHS)
Agency for Toxic Substances and Disease Registry (ATSDR)
 - ▶ Public Health Statement for Toluene
<https://www.atsdr.cdc.gov/phs/phs.asp?id=159&tid=29>
 - ▶ Toluene – ToxFAQs
<https://www.atsdr.cdc.gov/toxfaqs/tfacts56.pdf>
- National Institute of Health (NIH), National Institute on Drug Abuse (NIDA)
 - ▶ Inhalants DrugFacts. What are Inhalants?
<https://www.drugabuse.gov/publications/drugfacts/inhalants>

Scientific Information about Toluene

- California Environmental Protection Agency (CalEPA)
Department of Toxic Substances Control (DTSC)
 - ▶ Proposed Priority Product: Nail Products Containing Toluene
<https://dtsc.ca.gov/scp/proposed-nail-products-containing-toluene/>

Proposition 65

- California Environmental Protection Agency (CalEPA)
Office of Environmental Health Hazard Assessment (OEHHA)
 - ▶ Proposition 65: Background
<https://www.p65warnings.ca.gov/faq>
 - ▶ Proposition 65: The List of Chemicals
<https://www.p65warnings.ca.gov/chemicals>
 - ▶ Proposition 65: Fact Sheets
<https://www.p65warnings.ca.gov/fact-sheets>