

# SYNTHETIC CLOTHING:

## THE HIDDEN COST TO YOU & THE PLANET

Synthetic fabrics like *polyester*, *nylon*, *acrylic*, and *spandex* are made from petroleum-based plastics. They dominate fast fashion— they're cheap to produce, but costly to human and planetary health.



## IMPACT ON HEALTH

### Chemical Exposure

- Polyester can shed antimony, a toxic heavy metal linked to skin irritation and lung issues.
- Clothing is often treated with endocrine-disrupting chemicals (EDCs) like phthalates, PFAS ("forever chemicals"), and flame retardants.

### Microplastics & Inhalation

- Synthetic fabrics shed microplastics while being worn—especially during movement and friction. These particles can be inhaled or absorbed through the skin.
- One study found that 83% of global tap water samples were contaminated with microplastics.

### Skin Reactions

- Synthetic fabrics trap heat and moisture, increasing the risk of rashes, fungal infections, and allergic reactions.

## IMPACT ON PLANET

### Laundry Pollution

- A single load of laundry can release up to 700,000 microplastic fibers into waterways.
- These fibers end up in oceans and enter the food chain, harming marine life in the process.

### Fossil Fuel Use

- Polyester production accounts for over 60% of global textile fibers and is responsible for over 700 million barrels of oil used annually.

### Long-Term Waste

- Synthetics can take hundreds of years to break down, releasing microplastics the entire time.
- Less than 1% of clothing is recycled into new garments.



# WHAT CAN YOU DO?

Choose natural fibers like organic cotton, hemp, or linen.

Wash clothes less often and use a microplastic filter or bag in your washing machine.

Support sustainable brands and secondhand shopping.

Say NO to fast fashion. Invest in quality, not quantity.



## REMEMBER

What we wear impacts more than our style—it impacts our bodies and our planet.

Let's rethink fashion for a greener future.

### BEACHES GO GREEN 2.0

TO LEARN MORE:



HEALTHY PLANET  
HEALTHY YOU



[www.beachesgogreen.org](http://www.beachesgogreen.org)

GIVE US A FOLLOW:

