Necklaces, bracelets and anklets that glow in the dark are a very popular form of summer jewelry among children of all ages. How do we at the Utah Poison Control Center know this? As the July holidays approach, we receive calls from glow jewelry wearers (or their worried parents) wanting to know what to do if the jewelry breaks and the contents gets on the skin or in the eyes or in the mouths?

Here’s the scoop on what’s inside glow-in-the-dark jewelry. The glowing effect is produced by a chemical called dibutyl phthalate (pronounced di-bu-til-thal-late). It is widely used in the manufacture of plastics, glues, leather, printing inks, safety glass, and as a solvent for perfume oils. Dibutyl phthalate is an irritant.

You can still have fun with glow jewelry, just use caution and handle the jewelry with care. If jewelry items break and someone is exposed to the chemical, follow these first aid steps and call the poison control center:

- **Eyes** – Rinse for 15 minutes with water
- **Skin** – Rinse for 15 minutes with water, then gently wash with soap and water
- **Mouth** – Rinse the mouth with water and drink a cold beverage or suck on ice chips.
- Call the poison center at 1-800-222-1222

Glow Jewelry

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