



## SCENTS AND SENSITIVITY

Did you know that according to the BC Lung Association, 30% of Canadians report that scents adversely affect their health which can contribute to allergic reactions, respiratory irritations, headaches, irritability, nausea, anxiety, fatigue, depression, and etc... ???

There are thousands of products that contain chemical ingredients which provide a “pleasant” scent. They may include the following:

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Shampoo/Conditioners | <input type="checkbox"/> Fragrances/Perfumes | <input type="checkbox"/> Industrial/Household Chemicals |
| <input type="checkbox"/> Hairsprays           | <input type="checkbox"/> Cosmetics           | <input type="checkbox"/> Air fresheners/Deodorizers     |
| <input type="checkbox"/> Deodorants           | <input type="checkbox"/> Candles             | <input type="checkbox"/> Colognes/Aftershaves           |
| <input type="checkbox"/> Soaps                | <input type="checkbox"/> Oils                |   |
| <input type="checkbox"/> Lotions/Creams       | <input type="checkbox"/> Potpourri           |   |

Unfortunately, the “pleasant” scent isn’t usually the concern, but rather the chemical ingredient that produces the scent itself.

***As a general guideline, only use products that:***

1. Are labelled either "scent-free, unscented, or fragrance-free" and
2. Remember, your nose is a reliable resource to confirm it.

We Share The Air – Thank you for helping us contribute to a “SCENT SAFE” environment by refraining from wearing scented products.

