

## **Good Sense Is No Scents**

Scented products such as shampoos and perfumes contain chemicals that make some people feel ill. In a closed space such as an elevator or even in a large space such as a meeting room, the chemicals in scent can cause an asthma attack or an allergic reaction.

The reactions triggered by scent can include:

- headaches, including migraines
- dizziness or lightheadedness
- shortness of breath
- nausea or lack of appetite
- sudden weakness or fatigue
- skin irritation or numbness
- coughing or sinus congestion
- inability to concentrate

Scents are found in many commonly used products. In addition to the obvious ones such as perfume, cologne, and aftershave, there are scents in:

- shampoo and conditioners
- deodorants
- hairsprays, mousses and gels
- moisturizers and lotions
- soaps and body washes

Please look for unscented or fragrance-free versions of these products and use them when you plan to attend CHFT meetings. When meetings are scent-free, more co-op members are able to attend and participate.

**For more information**

University of Toronto:

<http://www.ehs.utoronto.ca/Resources/HSGuide/Scent.htm>

Public Service Alliance of Canada:

<http://www.psac.com/about/policies/scentfree-e.shtml>

Canadian Centre for Occupational Health and Safety:

[http://www.ccohs.ca/oshanswers/hsprograms/scent\\_free.html](http://www.ccohs.ca/oshanswers/hsprograms/scent_free.html)

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