

exchange system, open a window to get fresh air in and stale air out. Or put a fan in a window drawing air out and open another window to increase air circulation.

OUTSIDE THE HOME...

Use fragrance-free products when available. Keep your workspace or office well ventilated.

If a fragrance-free policy is not in place at your (or your child's) work, school, child's care center or place of worship, ask if you can place fragrance-free signs and/or work with staff to adopt a policy. For more information on how to create and implement a fragrance-free policy visit: "Developing a Scent-free Policy for the Workplace" at www.nb.lung.ca. Respect the fragrance-free policies at other public areas such as schools, libraries, places of worship, gyms, or recreational centers.

WEARING PERFUME...

Do not keep perfumes or other products containing fragrances in your bedroom. Wear a lighter fragrance (or no fragrance at all) during warm weather. Fragrances intensifies with heat. Make sure you only wear a reasonable amount of fragrance. No one more than an arm's length away from you should be able to smell your fragrance.

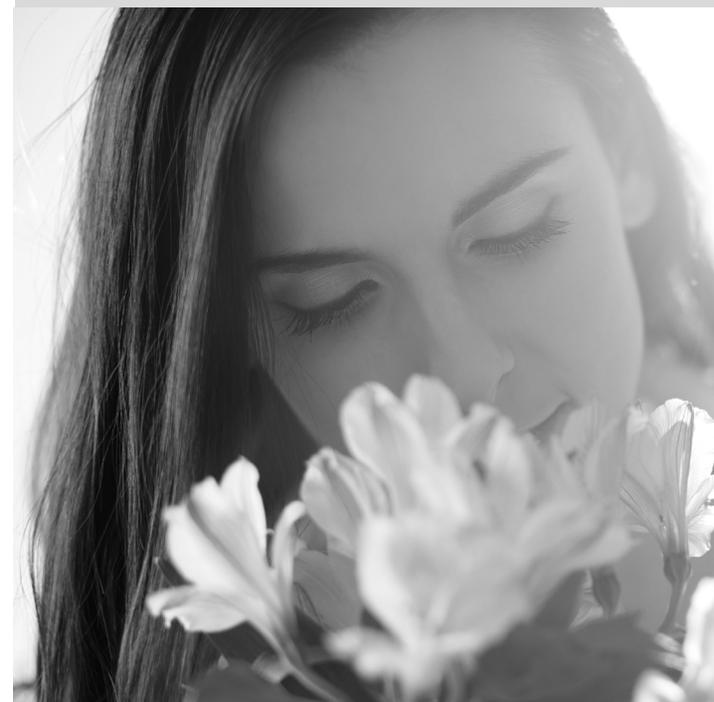
B R E A T H E
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F R A G R A N C E S

What you need to know



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A “fragrance” adds a smell to something else. Fragrances can usually be found in personal care products such as perfumes, aftershaves, colognes, soaps, body lotions, deodorants, shampoos and conditioners. Fragrances are also found in household items, such as air fresheners, deodorizers, candles, some laundry detergents, fabric softeners and cleaning products. Fragrances can also be found in the workplace (ie: cleaning products, adhesives, caulking.

INGREDIENTS IN FRAGRANCES

Fragrances are usually made from a mixture of natural and man-made chemicals. A typical fragrance can contain between 100 to 250 ingredients. The problem with products containing fragrances is not so much the smell itself, but the chemicals that produce the smell.

Products with added fragrances can contain several toxic chemicals that constantly turn into vapor in the air and attach themselves to hair, clothing, and other surroundings. Most (95%) of the chemicals used are synthetic compounds made from petroleum. These include chemicals made from benzene, aldehydes and many other known toxins and sensitizers

One commonly used chemical is diethylphthalate, which is used to make fragrances last longer. It can cause allergic skin reactions (contact dermatitis) and is classified as a skin sensitizer and a reproductive toxin, according to HazMap: Occupational Exposure to Hazardous Agents of the National Library of Medicine of the United States (1)

HEALTH EFFECTS OF FRAGRANCES

Chemicals used to add a fragrance to products can cause serious health problems for some people, especially for those with respiratory diseases such as asthma or COPD. Being near a product containing a fragrance can make some people sick. Young children are especially vulnerable because of their developing systems and size.

A fragrance enters the body through our skin and lungs. The chemicals in a fragrance can cause many different reactions. Even products containing natural plant extracts can cause allergic reactions in some people.

While some people are only mildly affected by fragrances, others have severe reactions.

Some common symptoms include:

- headaches
- feeling dizzy
- feeling tired or weak
- shortness of breath
- nausea
- cold like symptoms such as a stuffy nose
- worsening asthma symptoms

WHAT YOU CAN DO

When buying products, check to make sure that “fragrance” is not in the list of ingredients. Other ways you can help are:

AT HOME...

Use safer cleaning products or better still, make your own.

Use fragrance-free personal care products. To find safer personal care products visit the Skin Deep Database, a site that assesses and compares the safety of many brands of shampoos, skin creams, baby wipes.. etc. Skin Deep is run by the Environmental Working Group an American non-profit research organization. LessToxicGuide.ca also offers recommendations on personal and baby care products. Use fragrance-free laundry detergent and soap. Keep your home well ventilated. If you don't have an air