

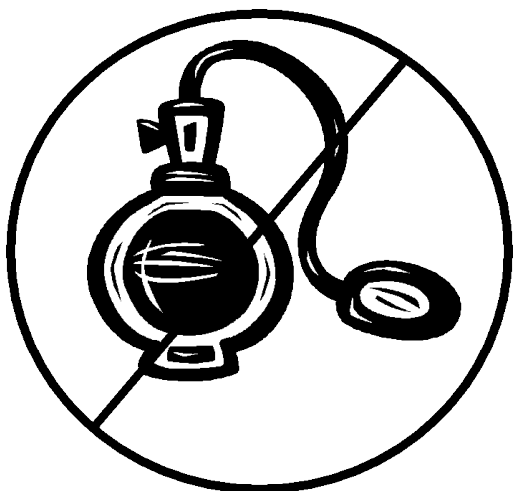
Becoming SCENT Sensitive

How to avoid using scents at HOME

- ✓ Use safer household cleaning products.
- ✓ Try making your own household cleaning products at www.lesstoxicguide.ca.
- ✓ Use scent-free personal care products. Go to <http://www.ewg.org/skindeep/> to see if your product brand is safe!
- ✓ Keep your home well ventilated.

How to avoid scents OUTSIDE your home

- ✓ Use scent-free products when available.
- ✓ Keep your workspace/office well ventilated.
- ✓ Keep detergents and soaps in sealed containers or cupboards with a door that completely closes in a well-ventilated room.



“ About **one-third of the Canadian population is sensitive to fragrances.** Sometimes people don't understand that **this is a health and safety issue,** it's not a preference...”

- Nancy Bradshaw from the Environmental Health Clinic at the Women's College Hospital

Please be
“scents-ible”
with the air we
share!



Source: <http://www.lung.ca>, <http://www.ccohs.ca/>