

Becoming SCENT Sensitive



What products contain scents?

- Shampoo/conditioner
- Hairspray
- Deodorant
- Cologne and aftershave
- Fragrances and perfumes
- Lotions and creams
- Potpourri
- Industrial and household chemicals
- Soaps
- Cosmetics
- Air fresheners and deodorizers
- Oils
- Candles
- Diapers
- Some types of garbage bags

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

How do scent products affect my health?

Chemicals found in scent products can cause serious health problems especially for those with lung diseases like **asthma** or **chronic obstructive pulmonary disease (COPD)**. Being near a scented product can make some people sick!

Common symptoms

While some may be mildly affected by scents, others have severe reactions including:

- Headaches
- Dizziness
- Tired or weak
- Shortness of breath
- Nausea
- Cold-like symptoms
- Worsening asthma symptoms

Environmental Sensitivities (ES)

ES is a chronic condition where a **person has symptoms when exposed to low levels of certain chemicals or environmental agents that are normally tolerated by most people.**

He/she may give up many “normal” activities in order to avoid exposure (i.e. going to public places). The symptoms may range in severity from mild to debilitating.

