



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

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(1) http://www.chrc-ccdp.ca/legislation_policies/policy_environ_politique-en.asp

Why and how to make the change to perfume/fragrance/scent-free

It is imperative - People attending our meetings must be scent-free

Many of our members suffer serious, debilitating symptoms on exposure to low levels of chemicals and other agents such as moulds and electromagnetic fields. These people suffer from Environmental Sensitivities, which includes Multiple Chemical Sensitivity and Electromagnetic Sensitivity.

The term 'sensitivity' does not adequately describe the many painful and varied symptoms that cause sufferers to become sick and often disabled upon exposure to very low levels of incitants. The Canadian Human Rights Commission (1) recognizes that 'this medical condition is a disability', that sufferers are 'entitled to protection of the *Canadian Human Rights Act* which prohibits discrimination on the basis of disability.' This disability is required to be accommodated like any other disability.

According to Statistics Canada, 2003, 2.4% of the population have a diagnosis of Multiple Chemical Sensitivity from a medical doctor. This is very significant, because the majority of medical doctors have not been formally educated about this medical condition. It is felt by experts in the field that the numbers are actually much higher. Most people who developed this condition were once active, productive people. Many can identify the chemical, pesticide or event that triggered this condition.

Meeting places that are suitable are very hard to come by. In order that participants in a meeting can be involved and be part of society without being harmed from personal care products, the following must be observed. We are open to questions you may have about the process for change. Becoming a scent-free household will surely benefit your health and the health of your family.

Here are some tips on how to be scent-free

AVOID	USE
<p>Fragrances and perfumes by themselves or contained in:</p> <p>Gels, hair spray, shampoos, deodorants, make-up</p> <p>Chlorine bleach in clothes</p> <p>Fabric softener liquid or dryer sheets</p> <p>Dry cleaned clothes</p> <p>New unwashed clothes</p> <p>Be aware that some large companies advertise "scent-free", "perfume-free" labels for softener sheets. This does not mean that they are not loaded with chemicals which will off-gas for long periods of time. Also, such claims for detergents by these companies may not always be true as they are sometimes contaminated by fragrances.</p>	<p>Personal products , cosmetics, laundry & clothes softener, all purpose cleaners, disinfectants</p> <p>Druide line of products have a hair gel and spray, shampoos, deodorants. The Pur and Pure products are scent free.</p> <p>Nature Clean – has a line of cleaning, laundry, clothes softener and personal care products.</p> <p>Safe makeup is available in health stores – always read labels</p> <p>Static Eliminator cloths available in health stores eliminates static (2 cloths for 500 laundry loads)</p> <p>Green Beaver – Personal products</p> <p>Seventh Generation – laundry products</p>
<p>Please turn your cell phone OFF - BEFORE entering the meeting room</p>	