

WHAT YOU CAN DO

Make a difference
Go fragrance-free

- Choose fragrance-free products at home and work
- Support scent-free policies in schools, hospitals, workplaces, and public transit
- Educate others about the health risks of scented products
- Speak up when spaces are not healthy or inclusive

Fragrance-free is not a preference

It is an accessibility need

Learn more at <https://aseq-ehaq.ca>

Let's create environments where breathing is safe for everyone



[HTTPS://ASEQ-EHAQ.CA](https://aseq-ehaq.ca)



L'ASSOCIATION POUR LA SANTÉ ENVIRONNEMENTALE DU QUÉBEC |
ENVIRONMENTAL HEALTH ASSOCIATION OF QUEBEC

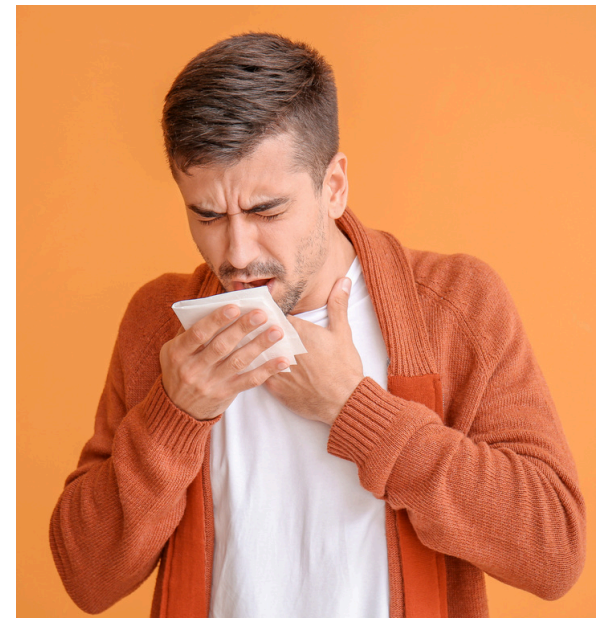
Canada

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The Hidden Face of Perfumes

Fragrance-free is not just a matter of preference

It's a matter of health



Uncover the truth
inside



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Fragrance: More Than a Pleasant Smell

WHAT'S REALLY IN YOUR PERFUME?

Most perfumes and scented products contain dozens or even hundreds of chemicals, many of which:

- Are derived from petroleum
- Are not listed on product labels
- Include known allergens and sensitizers
- Can contain phthalates and volatile organic compounds (VOCs) linked to health issues

Fragrance ingredients are considered “trade secrets” under Canadian law, so companies are not required to disclose them.

Health Impacts of Fragrances

WHO IS AFFECTED — AND HOW?

Fragrance chemicals don't just stay on the skin. They enter the air and affect those nearby. For many people, especially those with Multiple Chemical Sensitivity (MCS), these exposures trigger serious symptoms.

Common reactions include:

- Headaches or migraines
- Breathing difficulties
- Dizziness or nausea
- Fatigue and brain fog
- Skin irritation

Children, seniors, pregnant people, and those with asthma or other chronic illnesses are especially vulnerable.

The Bigger Picture

FRAGRANCES ARE EVERYWHERE

IT'S A PUBLIC HEALTH ISSUE

Scents are used in:

- **Personal care** (perfumes, shampoo, deodorant)
- **Household items** (laundry detergent, cleaners)
- **Public spaces** (air fresheners, hand soap, scents used in heating, ventilation and air conditioning systems)

Exposures to fragrance chemicals are linked to:

- Asthma and respiratory conditions
- Endocrine disruption
- Neurological symptoms
- Increased risk of developing multiple chemical sensitivity