

# What Can You Do?

## Make a difference *Go fragrance-free*



Choose fragrance-free products at home and at 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.**

Let's create environments where breathing is safe for everyone.

Learn more at [aseq-ehaq.ca](http://aseq-ehaq.ca)

**Together, we can build safer, healthier, more inclusive environments.**

Connect With Us



- @aseqehaq1
- @aseq.ehaq
- @aseqehaq
- @aseq-ehaq
- @aseq-ehaq4924

[aseq-ehaq.ca](http://aseq-ehaq.ca)



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

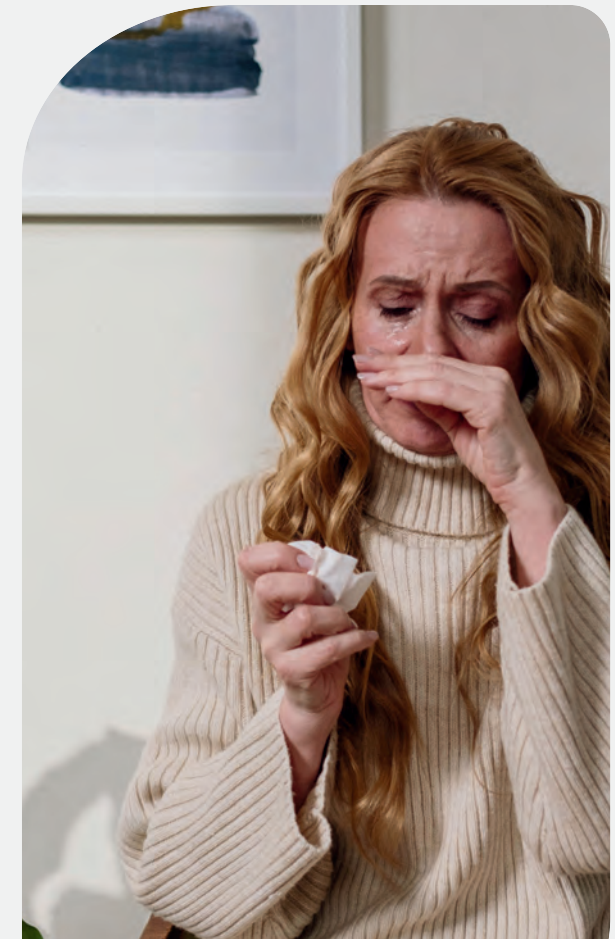
Canada

Funded in part by the Government of Canada's Social Development Partnerships Program - Disability Component



# The Hidden Face of Perfumes





Fragrance-free is not just a matter of preference.  
*It's a matter of health.*





## What's Really in your Perfume?

Fragrance is more than just a pleasant smell. Most perfumes 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.



**Headaches or migraines**



**Breathing difficulties or asthma-like symptoms**



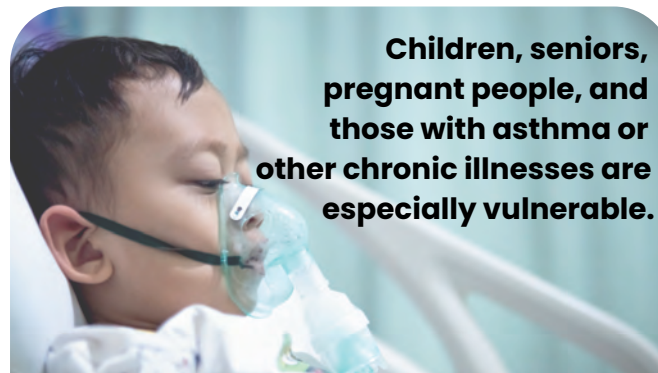
**Fatigue and brain fog**



**Dizziness and nausea**



**Skin irritation and rashes**



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

## The Bigger Picture

Fragrances are everywhere, and it is a *public health issue*.

### Scents are used in:



#### **Personal Care Products**

Such as perfumes, hair care products, and deodorant



#### **Household Items**

Such as laundry products and household cleaners



#### **Public Spaces**

In 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 MCS**