



Spring Without Scents: Rethinking Everyday Products

Although spring is a time of rebirth, new flowers and warmer weather, it can also present unforeseen difficulties for many. The odours from commonly used products, such as cleaning supplies and air fresheners, can cause headaches, respiratory problems, and other symptoms in people with Multiple Chemical Sensitivity (MCS) or other conditions, making the season of renewal uncomfortable. However, with the right steps and care, we can make this season beautiful and safer for all.

Recognizing the Effects

Soaps, candles, laundry detergents, personal care items and even public areas like offices and schools all contain fragrances. These fragrances can contain hundreds of synthetic chemicals, some of which are known irritants or sensitizers, despite being frequently advertised as clean or fresh. Even minor exposures can have a great effect on the health and quality of life of those who experience symptoms on exposures to chemicals. In order to create more welcoming and safe environments for everyone, it is imperative to understand and acknowledge this connection.

Rethinking Personal and Home Products

Spring is the ideal season to re-evaluate the products we use on a daily basis. Some steps to consider include:

- switching to unscented or fragrance-free products for personal care, laundry and cleaning
- using natural ventilation and staying away from scented candles and air fresheners
- read labels carefully to prevent harmful chemical exposure



- selecting eco-friendly and least-toxic substitutes that are better for the environment and your health

Small adjustments to the products we choose can have a significant impact on everyone who shares our living, working and educational environments, and not just those with health conditions such as MCS.

Creating Fragrance-Free Communities

Inclusion and well-being are promoted by establishing scent-free environments in public areas, workplaces and schools. To ensure that everyone can enjoy the season without endangering their health, it is important to promote awareness and understanding of multiple chemical sensitivity.

A Fresh Start

Let's celebrate this season of growth by keeping our health in mind. By rethinking our use of everyday products, we can promote safer surroundings, cleaner air, and environments where everyone can breathe easier.