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Scarborough Women's Centre is a Scent-Free Zone

Overview

The use of scents can impact the health of individuals who are environmentally sensitive. The chemicals that are used to create scented products can cause serious health problems for people, especially for those with lung diseases like asthma or chronic obstructive pulmonary disease. Being near scented products such as perfumes, colognes, lotions, creams, candles, or even laundry detergents can trigger adverse reactions.

In order to maintain a healthy environment for staff, volunteers and service users, SWC asks that you minimize the use of scented products.

Health Effects

Scented products can trigger migraines, nausea, fatigue, weakness, malaise, dizziness, lightheadedness and/or allergic reactions.

The problem with scented products is not so much the smell itself as the chemicals that produce the smell. Today's perfume is not made from flowers but from chemicals. These chemicals can be found in different types of scented products, such as perfumes, colognes, lotions, creams, aftershaves and hairsprays, and can cause reactions in individuals ranging from mild discomfort to severe disabilities.

Scented products contain numerous chemicals which constantly vapourize into the air and attach themselves to hair, clothing, and surroundings.

What you can do to help

- Minimize the use of scented products while in the SWC office or service locations;
- Use scent-free products if possible; and
- Don't take it personally. Be understanding of those who have scent-sensitivity issues.

What to do if you are sensitive to scented products

- Advise SWC staff if you are sensitive to specific scented products or if you are experiencing symptoms which you believe are related to the use of scented products.

SWC strives to maintain a healthy space for all and appreciates your cooperation and understanding. If you have any questions or require clarification to this memo, please speak with Lynda Kosowan (416-439-7111x1 or ed@scarboroughwomenscentre.ca).