

## What am I encouraged to do to support this program?

A simple step to take is don't wear perfume, cologne or aftershave when going out to public places. Your consideration of those sensitive people around you will be greatly appreciated!

Staff and visitors throughout all Municipal buildings will be encouraged to be aware of the strength of their scented products. The Scent-Free Encouragement Program asks that staff and visitors avoid or reduce where possible, the use of the following products:

- Colognes/Aftershaves
- Fragrances/Perfumes
- Scented lotions, creams and soaps

## Effects of Scented Products

Scented products can make asthma, allergies and hay fever worse (15 – 25% of the population are affected). Scented products can trigger migraines (17% of Canadians suffer from migraines).

Scented products can cause:

- sore throats
- runny nose
- sinus congestion
- wheezing
- shortness of breath
- headache
- dizziness
- inability to concentrate
- fatigue
- mental confusion
- anger
- irritability
- seizures
- nausea
- muscle pain
- anxiety



## SCENT FREE ENCOURAGEMENT PROGRAM



### Municipality of Marmora & Lake

12 Bursthall St. Marmora, Ontario  
K0K2M0  
613-472-2629  
[www.marmoraandlake.ca](http://www.marmoraandlake.ca)

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**Thank you for supporting this program!**

## Why strive for a scent free environment?

The Municipality of Marmora and Lake is committed to maintaining a safe, secure, clean and comfortable working environment for its employees and visitors. One of the components relative to maintaining that environment is to reduce the chemical factors that many see as having a negative effect on the health of staff, visitors and or others accessing the Municipality of Marmora and Lake services.

Environmental sensitivities can be debilitating and disabling to some people. In Canada today more than one in four individuals suffers from respiratory disease and many have allergic triggers to their disease. Medical evidence clearly shows that scented products are harmful to the health of sensitive individuals. In sufficient concentrations scented products may be harmful to those with allergies, environmental sensitivity or chronic heart or lung disease. These health issues have been recognized as disabilities by the Canadian Human Rights Commission.

## Facts About Scents

In Canada, 15-20% of the population have some kind of breathing problem, such as asthma. Asthma, emphysema, bronchitis and allergies can all be adversely affected by the chemicals found in scented products. Scents, perfumes and fragrances are being found in an ever-widening variety of products, including personal care products, cosmetics, household cleaners, drugs and even foods.

More than 80% of the chemical ingredients in these products have never been tested to see if they are poisonous to humans. Some have been tested only minimally. Of these many chemicals, a few are considered hazardous waste by the Environmental Protection Agency (EPA).

Of the 4000 chemicals used to make fragrances, several hundred can be used to make ONE scented product. Many of these chemicals can cause health problems such as:

- shortness of breath/wheezing
- headaches and migraines
- nausea and muscle pain
- cold-like symptoms

Just to mention a few.

## Getting Free of Perfumes, Scents and Fragrances

When choosing scent-free or fragrance free products, it is important to be an informed consumer. A product that is “fragrance-free” is likely to be totally odorless. A product labeled “scent-free” could mean that no scent has been added to the chemicals already used to make it.

Presently the cosmetic industry uses the terms “fragrance-free” and “unscented” virtually without restriction. Look at the the label. If the word “fragrance” or “flavour” is in the list of ingredients it is NOT fragrance free.

Don't be afraid to use your nose! Or ask the store clerk to check it for you.

