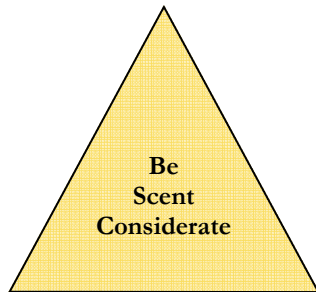


**Our School District  
strives to provide a  
healthy learning and  
working environment.**

- SD79 uses many low odour, allergy aware maintenance products.
- We ask that before you put on colognes, perfumes or other scented products, please consider how it may affect others at your worksite.
- Please keep in mind that the more you smell a particular scent, the more desensitized you become to it. So while it may not be strong to you, it may smell very strong to others.
- others.



**For additional information  
on scent allergies, go to:**



- **Canadian Centre for Occupational Health and Safety**  
[http://www.ccohs.ca/oshanswers/hsprograms/scent\\_free.html](http://www.ccohs.ca/oshanswers/hsprograms/scent_free.html)
- **Canadian Lung Association**  
[http://www.lung.ca/protect-protegez/pollution-pollution/indoor-interieur/scents-parfums\\_e.php](http://www.lung.ca/protect-protegez/pollution-pollution/indoor-interieur/scents-parfums_e.php)
- **BC Lung Association**  
<http://www.bc.lung.ca/airquality>

We would like to thank School District #73 (Kamloops/Thompson) for their valuable input into the creation of this brochure.

**COWICHAN VALLEY  
SCHOOL DISTRICT**

**Be Scent  
Considerate in  
School District 79**

**...Why?**



**Occupational Health & Safety  
Cowichan Valley School District**  
Mark Margerison, OHS Manager  
2557 Beverly Street  
Duncan, B.C.  
V9L 2X3  
(250) 748-0321 ext 258

## Why the health concern about scents?



While fragrances may be pleasing to some people, they can be unpleasant and harmful to others.

Scents can cause serious health problems. People with allergies, multiple chemical sensitivities (MCS) and asthma can become quite ill when exposed to scents.

Reactions to scented products include:

- Headaches
- Difficulty concentrating
- Dizziness
- Nausea
- Watery or dry eyes
- Sneezing and nasal congestion
- Rashes and hives
- Muscle and joint pain
- Swollen lymph glands
- Difficulty breathing
- Life threatening asthma attack
- Life threatening allergic reaction (anaphylaxis)

Natural scents (from flowers, animals) can cause health problems, but most scents today come from chemicals.

These chemicals evaporate into the air and attach themselves to our hair, clothing and surroundings. They can trigger a reaction long after the user is gone.

**CHEMICAL FRAGRANCES** are present in many things we use every day, including:

- **Laundry products** - detergents, fabric softeners, anti-cling products, bleach
- **Personal care products** - soaps, body washes, deodorants, lotions and creams, makeup, perfumes, colognes and aftershaves, shaving cream, hair products (shampoo, conditioner, gel, hair spray), sunscreens
- **School supplies** - whiteboard markers, glue sticks, felts, crayons
- **Art and craft supplies** - markers, paper, paint, candles
- **Cleaning products and air fresheners**
- **Flavoured food** - gum and candy

Often, users of scented products are unaware of how strong their scent is because they are unaffected by the chemicals.

They may also be unaware that the chemicals in their scent can cause an allergic reaction for some people.

## How can you and your family be scent considerate?

⇒ Be respectful of people with allergies.

Ask yourself - do you or your children want to make someone sick?

⇒ Use scent-free products.

Read ingredient labels when shopping.

If fragrance, perfume or flavour is listed, the product is not fragrance free, even if labeled as unscented or scent free.

⇒ Avoid using perfume, cologne or other scented products when going into a scent considerate school or building.

⇒ Keep your workplace and home well ventilated.

⇒ Keep the air clean and safe for everyone.

