

We Share the Air

More than 1/4 of Americans suffer health problems due to fragrances and other common chemical vapors in the air,* indoors & outdoors.

area residents & business owners:

Please join us in learning about this issue and taking steps to improve air quality and access for all.

Together, we can make a difference!



Tiny amounts of fragrance and other chemicals in the air can cause these health conditions or worsen them: **Asthma! Allergies! Multiple Chemical Sensitivities! Mast cell disorders!**

How to get safer products:

- ① Learn about a wide range of safe and unsafe ingredients and product choices at www.ewg.org and womensvoices.org.
- ② Look for products labeled “Fragrance-Free” (Read closely, because “free & clear” or “scent-free” may have fragrances).
- ③ Ask local healthcare facilities, schools, stores, and wholesale suppliers to offer fragrance-free soap and other products.
- ④ Read ingredients and avoid “Fragrance,” “Perfume,” or “Parfum” which can contain hundreds of unlisted chemicals.

The symptoms may include...

- Difficulty breathing
- Headache
- Body aches
- Difficulty concentrating
- Mood swings
- Chest pain & wheezing
- Dizziness
- Post-nasal drip
- Severe fatigue
- Rash
- Painful glands
- Stinging sensation in eyes/throat
- Excess mucous production
- Anaphylaxis
- ...and more**

Products that often cause trouble:

Laundry products	Air fresheners, candles, incense
Perfume & aftershave	Hand soaps, sanitizers & lotions
Cosmetics & deodorants	Sunscreen & bug repellent
Cleaning supplies	Plastic or vinyl items that off-gas

For decades, chemists have been inventing petrochemicals and other new molecules to add to products like detergents, shampoos, and air fresheners.

The problem is, most of these chemicals are *not* tested for safety. Also, the labels can be misleading, and full ingredients are rarely listed because *these products are not regulated the same way foods and drugs are*.

The health effects are increasing, and if we want healthy air for ourselves and our children, we must educate ourselves and choose safer products.

Resources for education, support and advocacy: [Fragrance Free Friends on Facebook](#)

* A. Steinemann, Journal of Occupational Environmental Medicine, Jan. 11, 2018

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contact:

freethecanaries@gmail.com

Or search for *Fragrance Free Friends* groups on Facebook