

If you're reading this page, you've probably watched the documentary and are shocked that it's legal to sell scented products with chemicals linked to allergies, hormone-disruption, and even cancer. You've probably thought, "What can I do?" You're not alone! Whether you are a SUFFERER (people suffering from fragrance sensitivities and need to do something about it) or an ALLY (people who don't suffer but empathize with those who do), there are ways YOU can help make a difference.

What is a Fragrance-Free Zone?

A fragrance-free zone is exactly what it sounds like - a space free from synthetic fragrances that include air fresheners, perfumes, and other chemical scents.

Why do we need Fragrance-Free Zones?

Every day, Americans are exposed to a constant barrage of synthetic fragrances that are harmful to health. Many scented products contain carcinogenic chemicals, respirator irritants, and unregulated petrochemicals, phthalates, and other hormone-disrupting chemicals.

For millions of people with Multiple Chemical Sensitivities (MCS), this exposure can cause severe side effects and interacting in the public can be an uncomfortable or even debilitating experience. Not only does creating a fragrance-free zone for individuals with MCS improve their quality of life, it protects everyone - adults, children, pets - from the threats of cancer, potential illness, and health complications that are a result of synthetic products. Whether you suffer from MCS, are sensitive to fragrances, or simply don't like the smell of synthetic fragrance, a fragrance-free zone benefits all.

Fun fact: Fragrance was named "Allergen of the Year 2007" by the American Contact Dermatitis Association

What are some examples of successful Fragrance-Free Zones?

There are schools that are nut-free to protect children and adults with peanut allergies. As the general public becomes more aware of the debilitating effects of fragrance, more fragrance-free facilities are appearing. It CAN be done. Here are some case studies:

CASE STUDY - Wisconsin DOT Rest Stops:

All Wisconsin DOT rest stops are fragrance free - a result of customer feedback and product availability, according to David Hunt, Wisconsin DOT representative. Wisconsin's roadside facility site manuals have been adjusted to reflect that only fragrance free products may be used for hand soaps and air deodorizers. The DOT began by replacing hand soaps with fragrance-free products in 2014. In early 2018, air fresheners were changed to fragrance-free products. Next, the DOT is switching to fragrance-free custodial cleaners.

"Our custodial suppliers have continued to be a great resource for information and products that has greatly helped in facilitating these changes coupled with significant improvements in product diversity and performance in recent years," said Hunt. "Additionally, we are continuing to find opportunities to improve air handling systems to better facilitate fresh air flow through the buildings."

Read more:

<http://www.onfocus.news/wisconsin-dot-implements-fragrance-free-rest-stops/>

CASE STUDY - Center for Disease Control:

<https://cleanerindoorair.org/environmental-illness/cdc-fragrance-free-policy/>

How do I create a Fragrance-Free Zone?

Many businesses, churches, and doctor's offices have started to implement fragrance-free policies to protect the public. A fragrance-free zone is free from fragrance, cigarette smoke, and chemicals, and is designed to improve the environment for those with asthma, autoimmune disorders, and chemical sensitivities.

Here are some basic steps that every home and business can take to implement a fragrance-free zone:

1. Establish a no-fragrance policy.

Ask employees to desist from wearing fragrances (such as in lotion, deodorant, perfume, and cologne). Prohibit scented air fresheners, candles, and sprays.

2. Purchase and use only non-toxic, natural cleaning supplies.

That "clean lemon scent" doesn't come from a lemon...and it isn't clean. Clean does not have a smell! Read the ingredients on your products. Look for labels that say "fragrance-free" and avoid those that have "fragrance" listed as an ingredient.

3. Educate employees on the issue (encourage them to watch Stink! ;-)

For many decades, the public did not realize the dangers of smoking and secondhand smoke. The Chemical Lobby has been described as being the new "Big Tobacco," and it is only through education that there is progress. Tell your friends, neighbors, coworkers, employers, church congregations, and doctor about the dangers of synthetic fragrance.

Taking these small steps CAN help!

Helpful Links:

- STINK!, a documentary about fragrance issues:
www.stinkmovie.com

- CDC Indoor Environmental Quality:
<https://www.cdc.gov/niosh/topics/indoorenv/chemicalsodors.html>

- Canadian Center for Occupational Health and Safety:
https://www.ccohs.ca/oshanswers/hsprograms/scent_free.html