

# No Scents is Good Sense!



Please avoid wearing scented products to work, in the classroom and in shared public spaces.



for further info, please email the Health Safety & Environment office at: [hse.ok@ubc.ca](mailto:hse.ok@ubc.ca)

Scented products contain chemicals which can cause serious problems for many people, especially those with asthma, allergies or environmental illnesses.

## Effects of scented products facts:

Scented products can cause a variety of health problems such as, but not limited to, sore throat, runny nose, sinus congestion, wheezing, shortness of breath, headache, mental confusion, inability to concentrate, flushing, irritability, nausea, muscle pain or migraine.

Besides perfume, cologne and aftershave, some products that may contain added scents are: soap, lotion, deodorant, shampoo, conditioner, hair spray, make-up, sun screen, detergent, fabric softener, cleaning products or air freshener.