

Alberni District Secondary School

Scent-free Guidelines

This guideline is intended to increase the awareness of Alberni District Secondary School community about the need to eliminate the use of scented products wherever possible. Fragrance chemicals can potentially have an adverse impact on the health and well-being of students, staff and visitors of ADSS.

We encourage avoiding or reducing the use of scented products and to replace them with unscented alternatives. This is a request to voluntarily avoid chemical-based scented products, not a ban on scented products.

What is the problem with scents?

Some people when exposed to certain odours can suffer a range of ill health effects, including headaches, dizziness, lightheadedness, nausea, fatigue, weakness, insomnia, confusion, loss of appetite, depression, anxiety, numbness, shortness of breath and/or skin irritation.

Exposure to perfumes and other products can trigger serious health reactions in persons with asthma, allergies, migraines or chemical sensitivities.

Although using scented products is a personal choice, by their very nature scented products are shared. Fragrance chemical vapourize in the air and are easily inhaled by those around us.

What are scented products?

Personal Care Products

- ☐ Perfume, cologne, aftershave lotion
- ☐ Deodorant
- ☐ Cosmetics
- ☐ Hair products (shampoos, conditioners, gels, mousses, hairsprays)
- ☐ Hand and body soap
- ☐ Shaving cream
- ☐ Sunscreen

Non-personal Care Products

- ☐ Cleaners
- ☐ Air fresheners
- ☐ Fabric softeners
- ☐ Laundry detergents
- ☐ Facial tissues
- ☐ Scented candles

What can I do about it?

- ❑ Consider using unscented alternatives, available in most stores.
- ❑ Be considerate of those whose health is affected by scented products.
- ❑ Be aware that many of the products you use may be scented, such as fabric softeners or laundry detergent.
- ❑ Refrain from bringing air fresheners, scented candles and flowering plants into the school.
- ❑ Do not apply scented products in public areas.
- ❑ If you do use scented products, use them sparingly, but be aware that for some people, even the smallest amount of scented products can have serious health effects!
- ❑ If you can't live without your perfume or other scented product, it should not be noticeable more than an arm's length away from you.

What if I am approached about a scented product I am wearing?

Do not take offense - the request is about the products you are wearing and not about you personally.

Listen and ask questions. Be willing to solve this issue in a cooperative manner. Is it the type of product you're using or the amount you're wearing? Consider using an unscented alternative while at school.

Remember, for some people who have a specific medical condition or disability, scents can have serious adverse effects and a more specific accommodation may be required.

What can I do if someone around me is wearing a scented product that is causing health problems for me?

Approach the person discretely and explain how scents affect your health. Be respectful and friendly. Ask for their cooperation and understanding.

Let your teacher or supervisor know your health issues, sensitivities and the types of exposure to scented products that pose a health risk for you.

What can administration do for me?

In situations where an issue around the use of a scented product is difficult to resolve, principals and vice-principals should be approached to assist in assessing the nature of the concern and providing a fair, uniform and timely resolution.