

# Fragranced Products in Your School:

## WHAT YOUR NOSE DOESN'T KNOW

Fragranced products may smell nice. But, did you know that the ingredient “fragrance” can be any number of over 3,000 chemicals – many not safety tested, and many toxic? Fragrance does not equal clean, and often actually reduces indoor quality.

### Did you know?

80–90% of ingredients used in fragrance come from petroleum. And manufacturers are not required to disclose what their fragrance ingredients are because of law loopholes.

### Fragrance can cause:

- Respiratory conditions: breathing difficulties and wheezing.
- Neurologic responses: dizziness and headaches.
- Skin irritations: hives and itching.
- Allergic reactions: runny nose and watery eyes.
- Certain chemicals used in fragrance have also been linked to hormone disruption, diabetes, and obesity.

### Adopt a Green Purchasing Policy in Your School:

- Avoid buying school supplies that contain or require the use of hazardous chemicals.
- Use less toxic, third-party certified cleaning products.
- Seek products that are fragrance-free.
- Prohibit plug-ins and spray deodorizers in school.
- Ban cleaning products brought from home.
- Develop a green team to look for other opportunities to improve school health.

### Pay Attention to Personal Care Products

- Check the ingredients for “fragrance” – even if a product is labeled “unscented.”
- Avoid wearing – and especially spraying – body sprays, colognes, and perfumes in school (especially in confined locations such as locker rooms and hallways).
- Use personal care products that contain plant-based essential oils.

