

Anola School is a Scent Reduced Environment

Please refrain from wearing scented products.
Certain scents can cause severe reactions with some individuals.

Information for a scent reduced environment

- There is no exact definition for scent-free, fragrance-free or unscented
- - o Products labelled as unscented may actually contain ingredients that are used to mask or hide the smell of other ingredients.
 - o The terms “fragrance-free” or “unscented” may be added by notification if the product is odourless or *nearly* odourless, and contains no odour-masking ingredients.
 - o The term de-scented may be added if the product contains an odour-masking ingredient.
- These terms can be a rough guideline when choosing products
- Certain odours, even in the smallest amounts, can trigger an attack
- Some will have mild irritation while others are incapacitated and/or must give up many ‘normal’ activities in order to avoid exposure.
- A condition known as environmental sensitivities describe a “chronic condition whereby a person has symptoms when exposed to certain chemicals or other environmental agents at low levels tolerated by most people. The symptoms may range in severity from mild to debilitation. It is also called multiple chemical sensitivity, chemical intolerance, environmental hypersensitivity, environmental illness, toxicant-induced loss of tolerance, and idiopathic environmental intolerance.”
- Any product or chemical can be associated with environmental sensitivities. These individuals may have adverse reactions to foods, chemicals or environmental agents, singly or combination. It includes adverse reactions to specific allergens, such as cleaning agents, dust, perfumes or building construction materials.

Common Health Problems

- Some or all of the following symptoms can occur:
 - o Headaches
 - o Dizziness, light-headedness
 - o Nausea
 - o Fatigue
 - o Weakness
 - o Insomnia
 - o Malaise
 - o Confusion
 - o Loss of appetite
 - o Depression
 - o Anxiety
 - o Numbness
 - o Upper respiratory symptoms
 - o Shortness of breath
 - o Difficulty with concentration
 - o Skin irritation

Types of Products That Contain Scents

- o Shampoo and conditioners
- o Hairsprays
- o Deodorants
- o Colognes and aftershave
- o Fragrances and perfumes
- o Lotions and creams
- o Potpourri
- o Industrial and household chemicals
- o Soaps
- o Cosmetics
- o Air fresheners and deodorizers
- o Oils
- o Candles
- o Diapers
- o Some types of garbage bags