

is committed to a safe and healthy work environment for staff, students and visitors.

To achieve that, we are:

- ✓ Increasing the awareness within the TDSB community about the potential impact of fragrance chemicals on health, wellbeing, productivity and lifestyle of those affected
- ✓ Asking for voluntary co-operation towards a scent reduced environment
- ✓ Providing the steps for responding to scent-related issues



For more information, please visit

www.tdsb.on.ca

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Be Scent Aware



The TDSB community
is encouraged to
Reduce the Use
of fragrances and
scented products

Why should we be scent aware?

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

Fragrances are found in a wide range of products, including perfume, cologne, deodorant, soap, fabric softeners and laundry detergents.

It is a personal choice to use fragrances, however, fragrance chemicals by their very nature, are shared. The chemicals vaporize into the air and are easily inhaled by those around us.

Individuals with chemical sensitivities can experience a variety of symptoms, including headache, sore throat, runny nose, sinus congestion, wheezing, shortness of breath, dizziness, anxiety, anger, nausea, fatigue, mental confusion and an inability to concentrate, resulting in great difficulty in work and study activities.



How are we working towards a scent-reduced environment?

The TDSB is asking for voluntary cooperation towards a scent-reduced environment.

Staff, students and visitors are strongly encouraged to avoid or reduce the use of fragranced products, and to replace them with unscented alternatives.

This is a request to voluntarily refrain from chemical-based scented products, and not a ban on scented products.

What can you do to help?

- ✓ Be considerate of those who are sensitive to fragrance chemicals.
- ✓ Avoid using scented products and use scent-free alternatives, instead.
- ✓ If you do use scented products, use them sparingly. A general guideline for scented products is that the scent should not be detectable more than an arm's length away from you.
- ✓ Do not apply scented products in a public area.
- ✓ Avoid using laundry products or cleaning agents that are scented.
- ✓ Air out dry-cleaned clothing before wearing.

What can you do if you are sensitive to fragrance chemicals?

If you experience difficulties with a scent, you may:

- ✓ approach the user of the scented product in a cordial and respectful manner
- ✓ explain your physical reactions to scented products
- ✓ seek understanding and co-operation
- ✓ if you feel uncomfortable or if concerns persist, discuss it with your Principal or immediate supervisor

be scent aware
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