

## ☐ Hair

- For **4 washes** before your appointment, use only scent-free shampoos, conditioners, and hair products from the Shampoo and conditioner section of pamphlet 1943, *Approved Scent-Free Products – Integrated Chronic Care Service (ICCS)*:
  - › [www.nshealth.ca/patient-education-resources/1943](http://www.nshealth.ca/patient-education-resources/1943)
- **Do not** use hair dye for 2 weeks (14 days) before your appointment.

## ☐ Car

- Remove scented air fresheners from your car before driving to ICCS.

## ☐ Smoke (cigarette, marijuana, wood smoke)

- Store your clothes in a sealed plastic bag so smoke does not get into the fabric.
- Bring them with you and change when you arrive.
- If you smoke, **do not** smoke before your appointment.

## Support person(s)

Your support person(s) are welcome to attend your appointments.

**Your support persons must follow the scent-free steps in this pamphlet.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

*Prepared by: Integrated Chronic Care Service  
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# Scent-Free Information

## Integrated Chronic Care Service (ICCS)

**No Scent is Good Sense**

## Why is it important to become scent-free?

Sometimes a label will say that a product is scent-free or fragrance-free, but a perfume or fragrance is added to cover up the smell of chemicals.

The chemicals used in scented products can make some people sick (especially if they have asthma, allergies, certain medical conditions, or sensitivities to scents).

## What types of products have scents?

Many products have scents, like:

- › Air fresheners and deodorizers
- › Candles
- › Colognes and aftershaves
- › Makeup
- › Deodorant
- › Essential oils
- › Hairspray
- › Hand sanitizer
- › Industrial and household cleaners

- › Laundry detergents
- › Lotions and creams
- › Perfumes and fragrances
- › Shampoos and conditioners
- › Soap

## How do I get ready for my in-person appointment?

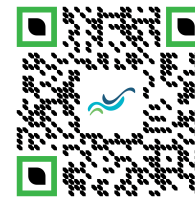
### ☐ Clothes

Before coming to the ICCS, remove scents from your clothes.

### To do this:

1. Choose 1 or 2 outfits (including underwear) that you will wear to **all of your ICCS appointments** (you **do not** need to remove scents from all of your clothes).
2. Place these clothes in a tub or a bucket with:
  - › At least 2 litres of water
  - › ½ cup of baking soda **or** 1 cup of vinegar.
3. Soak the clothes for 24 hours (1 day).

4. Machine wash the clothes with a scent-free laundry detergent from the Laundry section of pamphlet 1943, *Approved Scent-Free Products: Integrated Chronic Care Service (ICCS)*:
  - › [www.nshealth.ca/patient-education-resources/1943](http://www.nshealth.ca/patient-education-resources/1943)



5. Hang the clothes to dry (indoors or outdoors). **Do not** put them in the dryer. Scents and chemicals stay in the drum of the dryer. Your clothes may become scented if you put them in the dryer.
6. Store your clothes in a sealed plastic bag until the day of your appointment. This will stop scents from getting into the fabric.