

2019

Integrated Chronic Care Service (ICCS) Scent-free Information

**No Scent
is Good Sense**



ICCS Scent-free Information

What are scents?

The chemicals used in scented products can make some people sick, especially those with fragrance sensitivities, asthma, allergies, and other medical conditions.

Unfortunately, there is no exact definition for scent-free, fragrance-free, or unscented. Products labelled as 'unscented' may actually contain ingredients that are used to mask or hide the smell of other ingredients.

What types of products contain scents?

Ingredients and chemicals used to produce scents are present in a large range of products, including:

- › shampoos and conditioners
- › hairsprays
- › laundry detergents
- › deodorants
- › colognes and aftershaves
- › fragrances and perfumes

- › lotions and creams
- › potpourris
- › industrial and household chemicals
- › soaps
- › cosmetics
- › air fresheners and deodorizers
- › essential oils
- › candles

Source: Scent-Free Policy for the Workplace, https://www.ccohs.ca/oshanswers/hsprograms/scent_free.html, Canadian Centre for Occupational Health and Safety (CCOHS), August 31, 2018.

Reproduced with the permission of CCOHS, 2018.

Before coming to ICCS, please do the following to remove residue and scents from your clothes:

1. Pick out 1-2 outfits (including underwear) that you will wear to all of your ICCS appointments (please note you are not expected to remove scents from your entire wardrobe).

2. Place the outfits in a tub or bucket with 2 or more litres of water and ½ cup of baking soda **OR** 1 cup of vinegar.
3. Soak for 24 hours.
4. Machine wash the outfits with an approved fragrance-free laundry detergent (see laundry section in the **Approved Products List**).
5. Hang outfits to dry (may be hung indoors or outdoors). Dryers keep scents and chemicals in the drum. Your outfits may become scented if you put them in the dryer.
6. Store your outfits in a sealed plastic bag to avoid absorbing other scents until the day of your appointment.



Smoke (cigarette, wood smoke, marijuana):

1. Store your washed outfits in a sealed plastic bag so smoke doesn't get into the fabric. Change into your outfit right before your ICCS appointment.
2. If you smoke, please do not smoke before your appointment.
3. If there is smoke in your car, please bring your washed outfits in a sealed plastic bag, and change once you arrive at ICCS.

Hair:

- Only use fragrance-free shampoos, conditioners, and hair products from the **Approved Products List** for 4 washes before your appointment.
- Do not use hair dye for 2 weeks before any visit to ICCS.

Car:

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

Family member and support person(s):

Family members and support persons are welcome to attend your appointments at ICCS. All family and support persons must follow the fragrance-free steps outlined in this pamphlet.

Looking for more health information?

Find this pamphlet and all our patient resources here:

<http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources. For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time:

Call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community:

Call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

www.nshealth.ca

Prepared by: Integrated Chronic Care Service

Designed by: NSHA Library Services

The information in this brochure is for informational and educational purposes only. The information is not intended to be and does not constitute health care or medical advice. If you have any questions, please ask your health care provider.

WX85-1933 © January 2019 Nova Scotia Health Authority

The information in this pamphlet is to be updated every 3 years or as needed.