

Hair

- Only use scent-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 (14 days) before your appointment.

Car

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

Smoke (cigarette, marijuana, wood smoke)

- Store your scent-free (washed) outfit(s) in a sealed plastic bag so smoke does not get into the fabric. Change into your outfit right before your appointment.
- If you smoke, **do not** smoke before your appointment.
- If there is smoke in your car, bring your scent-free (washed) outfit(s) in a sealed plastic bag, and change when you arrive at ICCS.

Support person(s) and/or loved ones

Your support person(s) and/or loved ones are welcome to attend your appointments.

Anyone who comes with you must follow the scent-free steps in this pamphlet.

Looking for more health information?

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/PatientEducation>
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 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
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The information in this pamphlet 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.

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

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Integrated Chronic Care Service (ICCS) Scent-free Information

No Scent is Good Sense



What are scents?

Sometimes a product is labelled as scent-free or fragrance-free, but a perfume or fragrance is added to cover up the smell of the chemicals.

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

What types of products have scents?

Many of the following types of products have scents:

- › Air fresheners and deodorizers
- › Candles
- › Colognes and aftershaves
- › Cosmetics
- › Deodorants
- › Essential oils
- › Hairsprays
- › Hand sanitizers

- › Industrial and household cleaners
- › Laundry detergents
- › Lotions and creams
- › Perfumes and fragrances
- › Shampoos and conditioners
- › Soaps

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

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Before coming to ICCS for your in-person appointments, remove scents from your clothes:

1. Choose 1 or 2 outfits (including underwear) that you will wear to all of your ICCS appointments (you are not expected to remove scents from all of your clothes).
2. Place the outfits in a tub or bucket with 2 or more litres of water and 1/2 cup of baking soda **OR** 1 cup of vinegar.
3. Soak for 24 hours (1 day).

4. Machine wash the outfit(s) with an approved scent-free laundry detergent (see **Laundry** section in the **Approved Products List** in pamphlet 2060 — *Welcome to the Integrated Chronic Care Service* www.nshealth.ca/sites/nshealth.ca/files/patientinformation/2060.pdf).
5. Hang the outfit(s) to dry (indoors or outdoors). **Do not** put them in the dryer. Dryers keep scents and chemicals in the drum. Your outfit(s) may become scented if you put them in the dryer.
6. Store your outfit(s) in a sealed plastic bag to keep it from absorbing (taking in) other scents until the day of your appointment.