

We Share the Air

More than 1/4 of Americans suffer health problems due to fragrances and other common chemical vapors in the air, indoors and outdoors.

Brattleboro area residents & business owners:

Please join us in learning about this issue and taking steps to improve air quality and access for all.

Together, we can make a difference!



Tiny amounts of fragrance and other chemicals in the air can cause these health conditions or worsen them: **Asthma! Allergies! Multiple Chemical Sensitivities! Mast cell disorders!**

How to get safer products:

- 1 Learn about a wide range of safe and unsafe ingredients and product choices at www.ewg.org and womensvoices.org.
- 2 Look for products labeled “Fragrance-Free” (beware of “scent-free” which often contains perfume).
- 3 Ask local healthcare facilities, schools, stores, and wholesale suppliers to offer fragrance-free soap and other products.
- 4 Read ingredients and avoid “Fragrance,” “Perfume,” or “Parfum” which can contain hundreds of unlisted chemicals.

Products that often cause trouble:

Laundry products	Air fresheners & candles
Perfume & aftershave	Hand soaps, sanitizers & lotions
Cosmetics	Sunscreen & bug repellent
Cleaning supplies	Plastic or vinyl items that off-gas

The symptoms may include:

- Difficulty breathing
- Headache
- Difficulty concentrating
- Mood swings
- Chest pain & wheezing
- Dizziness
- Post-nasal drip
- Severe fatigue
- Rash
- Painful glands
- Stinging sensation in eyes/throat
- Excess mucous production
- Anaphylactic shock

For decades, chemists have been inventing many new molecules that are added to products such as detergents, shampoos, and air fresheners.

The problem is, most of these chemicals are *not* tested for safety. Also, the labels can be misleading, and full ingredients are rarely listed, because *these products are not regulated the same way foods and drugs are*.

The health effects are growing, and if we want healthy air for ourselves and our children, we must educate ourselves and choose safer products.

Local resources for education and advocacy: InclusionCenter.webs.com;
Brattleboro’s ADA Committee; Facebook group: [Fragrance Free Friends of Southern Vermont](#)