

RVH
RENFREW VICTORIA HOSPITAL

Scent Free
ZONE

**PROTECTING OUR
PATIENTS AND STAFF!**

WHAT DOES “SCENT FREE MEAN!

When we talk about “scents” we usually mean the smells or odours from cosmetics (perfume, make-up, shampoo, deodorant, etc.) or from other products such as air fresheners, cleaners, etc.

Unfortunately, there is no exact definition for “scent-free”, “fragrance-free” or “unscented”. Products labeled as “unscented” may actually contain ingredients that are used to mask or hide the smell of other ingredients. According to Health Canada, when labeling cosmetics, the following terms are used:

Fragrance free or Unscented means that there have been no fragrances added to the cosmetic product, or that a masking agent has been added in order to hide the scents from other ingredients in the cosmetic.

While it is important to be aware of the lack of consistency when these terms are used in various manufacturers, the terms can still be a rough guideline when choosing products.



CAN SCENTS CAUSE HEALTH PROBLEMS?

When scented products have been blamed for adversely affecting a person's health, some or all of the following symptoms are reported:

- Headaches
- Dizziness, lightheadedness
- Nausea
- Fatigue
- Weakness
- Insomnia
- Malaise
- Confusion
- Loss of appetite
- Depression
- Anxiety
- Numbness



WHAT CAN I DO TO PROTECT OTHERS?

- Refrain from wearing perfume, cologne or any products with heavy fragrances (lotion, cream fabric softener, etc.) when visiting or receiving treatment at the hospital.
- Do not use any products that contain alcohol such as hair spray, mousse, perfume when visiting or receiving treatment at the hospital.

Scented products can cause severe irritation and a variety of health related problems for staff and patients alike. This can ultimately impact the care provided anywhere in the hospital.



RENFREW VICTORIA HOSPITAL

499 RAGLAN STREET, NORTH

RENFREW, ON K7V 1P6

613-432-4851

www.renfrewhosp.com