

# FAQ on Victoria University Guidelines on the Use of Perfumes and Scented Products

## **Q. What is the purpose of the guidelines?**

A. We have developed guidelines to reduce scents on campus to help people with fragrance sensitivities or allergies. This is part of our commitment to nurturing a safe and healthy environment for faculty, staff, students and visitors.

## **Q. How do fragrances impact others?**

A. For some people, being around perfumes and other scented products can trigger health reactions such as irritation of the eyes, throat and nose. Scents can be especially harmful for those with asthma, allergies, migraine susceptibility and other chemical-related sensitivities.

## **Q. What are some common scented products?**

A. Common scented products include perfume and cologne. Many of the products we use every day also have scents, like aftershave, deodorant, soap, shampoo, hairspray, body spray, makeup and powders. Other examples include air fresheners, fabric softeners, laundry detergents, housekeeping supplies, carpet deodorizers and facial tissues.

## **Q. Does this mean that I can't use scented products like perfume or cologne?**

A. No, this doesn't mean that you can't use scented products. But faculty, staff, librarians, students and visitors are strongly encouraged to avoid or reduce the use of fragranced products and to replace them with unscented alternatives.

## **Q. How can I contribute to a scent-reduced campus?**

A. You can use scent-free alternatives of your favourite products, like scent -free hand creams. If you do use scented products, try to ensure that the scent is not detectable more than an arm's length away from you. Or, if you use laundry products that are scented, you can air out dry-cleaned clothing before wearing.

You should avoid using products (like air fresheners or diffusers) that release chemical-based scents in your work area. Do not apply scented products in a public area.

## **Q. What will the University do to achieve a scent-reduced campus?**

A. We will promote the use of environmentally friendly and less harmful products in cleaning and building materials and support achieving the best possible air quality by ensuring adequate ventilation, among other efforts.

**Q. I'm sensitive to fragrances. How can I help my colleagues understand how it affects me?**

A. If you're comfortable, approach the person wearing strong scents or fragrances and explain the reactions you have. Ask for their understanding. Inform your supervisor or instructor about your sensitivities and symptoms and request assistance in finding a solution.

**Q. I was approached about wearing/using a scented product. What should I do?**

A. If an individual or your supervisor requests that you avoid using/wearing fragranced products, do not dismiss the issue. Work together to find a satisfactory resolution.