



Fragrances Samply Policy

Why do we have a fragrance-free policy: The word “fragrance” covers dozens, sometimes even hundreds, of chemicals on product labels. Many common household products and personal care items contain fragrances. Fragrance chemicals can harm the endocrine, respiratory, and nervous systems, and some are known carcinogens. Developing fetuses, infants, and children are particularly vulnerable because of their developing bodies. Many children and adults also experience unpleasant physical effects, including allergic reactions to fragrance chemicals. Children and staff are exposed to fragrance chemicals primarily through inhaling volatile organic compounds (VOCs) that readily evaporate from the scented product into the air or direct skin contact.

The purpose of our fragrance-free policy: is to avoid the purchase and use of products that contain fragrance chemicals to protect the health and safety of children and staff from the harmful effects of these items.

Our fragrance-free policy ensures that we:

- Avoid the purchase and use of household cleaning products, personal care products (shampoo or lotion), air fresheners, detergents, hand lotions, markers, and other items that contain fragrance chemicals in staff or child-occupied spaces (bathrooms, break rooms, and play and sleeping areas).
- Select products labeled as “fragrance-free,” noting that “unscented” products may still contain fragrance chemicals.
- Deodorize rooms without using fragrances by keeping an open box of baking soda in the fridge; sprinkling baking soda in the diaper pail; keeping trash sealed and throwing it out often; and keeping the diaper pail sealed and emptying it frequently.
- Increase ventilation by opening screened windows and doors when outdoor air quality allows; turning on fans that vent to the outside in the bathroom and kitchen; and ensuring our heating, ventilation, and air conditioning (HVAC) system is working correctly.

For more information on fragrance chemicals, see Eco-Healthy Child Care®’s [Fragrances FAQ](#) and [Air Quality Fact Sheet](#).