

## Fragrance-Free School Policy

The academic success of a student can be directly linked to his or her health. For this reason, it is imperative that Vasa International School of Stockholm insures the wellbeing and safety of all its students to support a positive learning environment.

In order to create a safer learning environment for students as well as a safer work environment for staff, Vasa International School of Stockholm intends to protect the indoor and outdoor air quality of its campuses. Strong scents and fragrances can contribute to poor indoor air quality that can be unhealthy to all students and school staff.

There are many people who experience unpleasant physical effects from scented products and a growing number of people who suffer more severe reactions to these types of products and chemicals. This condition is known as multiple chemical sensitivities (MCS) and involves people who have developed an acute sensitivity to various chemicals in the environment. People with MCS experience a range of debilitating physical reactions, some even life-threatening, to chemicals used in a variety of scented materials, including fragrances and chemical products.

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

- Headaches
- Nausea
- Weakness
- Malaise
- Loss of Appetite
- Upper respiratory symptoms
- Difficulty with concentration
- Numbness
- Shortness of breath
- Skin Irritation

Allergic and asthmatic patients, as well as those with other conditions, report that certain odors, even in the smallest amounts, can trigger an episode. Some people may report mild irritation while others are incapacitated and/or must give up many 'normal' activities in order to avoid exposure (such as going to public places).

All teachers, students, and staff members are asked not to bring cleaning products, deodorizers or other personal care products into the classroom unless they are identified as fragrance-free. In addition, cleaning products with strong scents will only



2021 / 2022

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be used during off-peak school hours. Students, parents, and staff will be notified if strong scented cleaning materials will be used on the campus. If a student or employee is affected by a specific scent, we ask that school staff eliminate the cause of the offensive odor.

Under this policy, we also request that all students and staff refrain from wearing perfume, cologne and other fragrances, and use unscented personal care products in order to promote a fragrance-free environment. This request is included in notices and on displayed signage throughout school buildings. Fragrance products can include: hand sanitizers, cologne, perfume, scented lotions, hair products, candles, air fresheners, plug-ins, just to name a few.