

The Hidden Hazards of Air Fresheners

What are air fresheners? Air fresheners are products designed to mask odors or change the scent of the air.

There are many types of air fresheners, including sprays, plug-ins, candles, diffusers, incense, and scented gels.

Air fresheners can release harmful chemicals into the air. These chemicals can get into your body.

Many of the chemicals used in air fresheners have not been fully tested for health impacts. Air fresheners do not have to have their ingredients listed on the label.

If you are concerned about the health effects of chemicals in air fresheners, try a natural alternative, like flowers or simmer pots. Check out the other side to learn more. →

To avoid introducing harmful chemicals into your home and body, try eliminating odors instead of using air fresheners!

- Take out the trash
- Clean regularly with unscented products
- Open windows and increase ventilation
- Use baking soda to neutralize odors
- Clean up pet areas frequently



Air fresheners may make your home smell nice, but they can make the air less healthy to breathe.

Chemicals used in some air fresheners are linked to:

- Asthma attacks and other breathing problems
- Headaches
- Skin irritation
- Effects on the reproductive system
- Impaired childhood development







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What scents the air in your home?



Sources of smells: trash can, cat and litter box, shoes, and dog; Chemical air fresheners: diffuser, candles, incense, air freshener spray and plug-in; Natural scents: flowers; opening windows

| Safest | Safer | Avoid |
|--|---|---|
| <p>Fresh or dried flowers </p> <p>Natural potpourri </p> | <p>Diluted essential oils* </p> | <ul style="list-style-type: none"> • Aerosol sprays and mist dispensers • Wall plug-ins • Aroma beads • Scented gels • Incense • Scented candles • Simmering scented cleaning products on the stove. |
| <p>Simmer a pot of water with spices or cut up fruit on the stove.</p> <p>(Do not leave unattended) </p> | <p>*Certain natural scents and essential oils may be harmful for people with allergies or breathing problems, and some can be harmful to pets</p> | |