

DID YOU KNOW....

FRAGRANCES CAN MAKE PEOPLE ILL

MAST CELL
ACTION

For many people, exposure to perfumes, air fresheners, scented candles, or cleaning products can trigger symptoms such as:

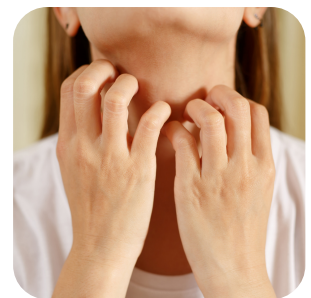


Headaches and dizziness

Severe allergic-type responses

Breathing difficulties

Skin reactions



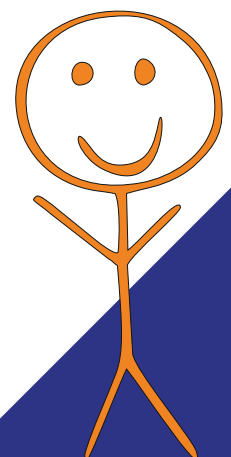
This can affect people with Mast Cell Activation Syndrome (MCAS), asthma, COPD, migraine, Long Covid, and other health conditions.

You can help:

- Choose fragrance-free products
- Avoid wearing strong perfumes in shared spaces
- Be mindful in healthcare, work, and community settings

Mast Cell Action - raising awareness of hidden triggers

Find out more at: www.mastcellaction.org



Charity number: 1164917