

# DID YOU KNOW....

## FRAGRANCES CAN MAKE PEOPLE ILL

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

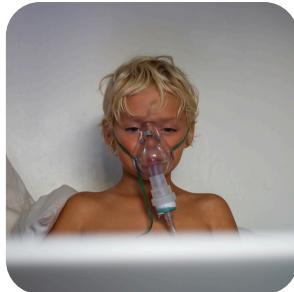


**Headaches and dizziness**

**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](http://www.mastcellaction.org)

Make your legacy a lifeline for people with MCAS, leave a gift  
in your will to Mast Cell Action.

Charity number: 1164917

