

## CREATING A SCENT REDUCED ENVIRONMENT FOR THE PRESENTATION OF *FOREVER SHELTER*

We are making every effort to make this festival an accessible space for all artists. One of those ways is taking measures to ensure we are providing a **Scent Reduced** environment for the presentation of *Forever Shelter*. As EdgeForm Collective has members of their team who live with **Multiple Chemical Sensitivity (MCS)**, they are asking you for your support and vigilance in making the space safe for all. Please read on to find out how!

### **About Multiple Chemical Sensitivity:**

Multiple Chemical Sensitivity is a serious medical condition that is triggered by exposure to chemically and naturally scented products. Exposure to natural and chemical scents and fragrances can cause the following symptoms in individuals with MCS: headache, fatigue, dizziness, nausea, congestion, itching, sneezing, sore throat, chest pain, changes in heart rhythm, breathing problems including asthma-like conditions, muscle pain or stiffness, skin rashes, diarrhea, bloating, seizures, migraines, nosebleeds, vomiting confusion, trouble concentrating, memory problems, and mood changes. These symptoms can last for hours, days, even weeks after exposure.

### **Please help us to create a scent- and fragrance-free space to ensure that members of our team who live with Multiple Chemical Sensitivity (MCS) are not exposed to injury:**

- Please do not use colognes, perfumes, essential oils, scented body or hair care products including: deodorant, shampoo, conditioner, body wash, hair gel or mousse, creams, or lotions.
- Please take a shower if you've used such products the day-before.
- Please wash the clothes you intend to wear in scent-free detergent one or more times if you regularly use scented laundry products. If you regularly use perfumes, colognes, scented oils, scented laundry detergents, or fabric softeners you will need to wash your clothes a number of times with vinegar and baking soda to remove the scent.
- Please note that:
  - Products labelled "natural" are NOT scent-, fragrance-, or chemical-free.
  - Only products that are labelled scent and fragrance free, are scent and fragrance free.
  - Using even a little bit of scented product, or product with fragrance will impact individuals with MCS.

We recognize that transitioning to scent- and fragrance-free practices can take time, and that the transition can be confusing and prohibitive for cost, and other reasons. We also recognize that some individuals in our communities use scented products as part of their access needs. If either of these cases are true for you, please contact **mia amir** directly ASAP to explore creative solutions so that we can share space. ([mia.susan.amir@gmail.com](mailto:mia.susan.amir@gmail.com))

You can find more information about scent reduction here:

<http://www.brownstargirl.org/blog/fragrance-free-femme-of-colour-realness-draft-15>