



# Air Fresheners – What You Need to Know



## Why be concerned about commercial air fresheners?

- Air fresheners are concentrated sources of fragrances that may contain toxic chemicals.
- Children are uniquely vulnerable to chemical exposures due to their hand-to-mouth behaviors, floor play, and developing nervous and reproductive systems.
- Some chemicals in fragrances, such as phthalates, are endocrine disruptors which mimic or disrupt the body's own hormones.
- Some chemicals in air fresheners are sensitizers that can cause allergies. They can also trigger asthma, wheezing, headaches, and contact dermatitis.
- Some air fresheners contain cancer-causing chemicals, such as 1,4-dichlorobenzene. This same chemical is also found in moth balls.

## What are some guidelines when purchasing air fresheners?

- The hazards of air fresheners are hidden. Like cleaning products, potentially hazardous chemicals contained in fragrances are not required to be listed on the label.
- Look for products that do not have "fragrance" listed as an ingredient (but remember that fragrances are not necessarily listed on the label).
- If the label says "fragrance," it may have phthalates. Most air fresheners (even if labeled "fragrance free") contain phthalates.
- Phthalates are everywhere including many household and personal care products such as scented plastic bags, toys, perfumes, soaps, shampoos, and hair spray. Therefore, when possible, look for items marked "phthalate-free."

## What are some options to using commercial air fresheners?

- Consider making your own homemade room air refresher using non-toxic products such as lemon, vinegar, or baking soda.
- Open a few windows, even temporarily, when weather allows.

**Natural air fresheners are not any safer. Some of the air fresheners that have tested positive for toxic chemicals were labeled as "all-natural" or "unscented."**



### References

[ATSDR] Toxic Substances Portal – <https://www.cdc.gov/tsp/substances/ToxChemicalListing.aspx?toxid=41>

[USEPA] Children's Environmental Health and Disease Prevention Research Centers Impact Report: [bit.ly/2yNAes8](https://www.epa.gov/cehs/research-centers-impact-report)