

# Fragrance-Free Home Quick Check

Use this checklist to identify common hidden sources of fragrance in your home.

## Laundry

- Laundry detergent (check for “fragrance-free,” not “unscented”)
- Dryer sheets
- Fabric softener
- Scent boosters

## Cleaning Products

- All-purpose cleaners
- Disinfecting wipes
- Floor cleaners
- Bathroom cleaners
- Glass cleaners

## Personal Care

- Body wash/soap
- Shampoo & conditioner
- Lotion
- Deodorant
- Perfume/cologne

## Baby Products (if applicable)

- Baby wash
- Baby lotion
- Baby wipes
- Baby laundry detergent

## Air & Environment

- Candles
- Wax melts
- Plug-in air fresheners
- Spray air fresheners
- Essential oil diffusers

## **Household Items**

- Trash bags
  - Toilet paper
  - Paper towels
  - Tissues
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## **What to Look For**

- “Fragrance-free” (preferred)
  - Minimal ingredients
  - No masking scents
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## **Simple First Steps**

- Switch laundry products first
  - Remove air fresheners
  - Replace one product at a time
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## **Reminder**

You don't have to change everything at once. Awareness is the first step.