

# Fragrance-Free Healthy Air for Little Lungs

Simple, low-cost steps for cleaner air in child care



## Why It Matters

Fragrances are chemicals added to many products. They can hurt children's health, especially kids with asthma or allergies.

## Choose 'fragrance-free' products



### Fragrance Free

No added scents or scent-masking chemicals.



### Unscented

May still contain chemicals to cover up odors.

## Safer purchasing

Read product labels and avoid 'fragrance' or 'parfum'

Look for these trusted labels to find safer products:



## What products have fragrances?



Cleaners  
Air fresheners  
Scented candles  
Markers

Hand soaps  
Lotions  
Essential oils  
Laundry detergent

## Myth buster:

### Air fresheners don't clean air

Air fresheners do not remove odors or pollutants. They just add more chemicals to the air to cover smells.



# Freshen rooms naturally:



Open windows to bring fresh air in.



For safety, limit openings to 4 inches or use window guards.



Check local outdoor air quality at [airnow.gov](http://airnow.gov) before opening windows.

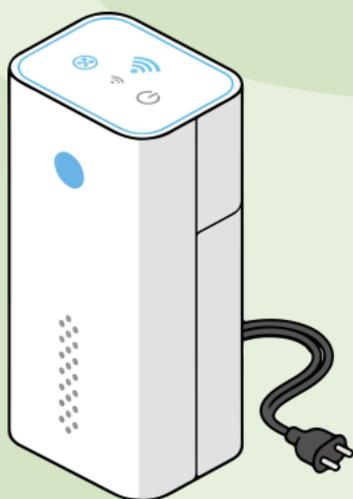
*Don't open them when there's wildfire smoke, high pollution, nearby pesticide spraying, or poor air quality.*



Use kitchen and bathroom exhaust fans to move air outside.



Use heating and cooling (HVAC) systems or an air purifier with a HEPA filter to help clean indoor air.



Change filters regularly and follow the manufacturer's instructions.

Published January 2026

Funded in part by R01ES036261