

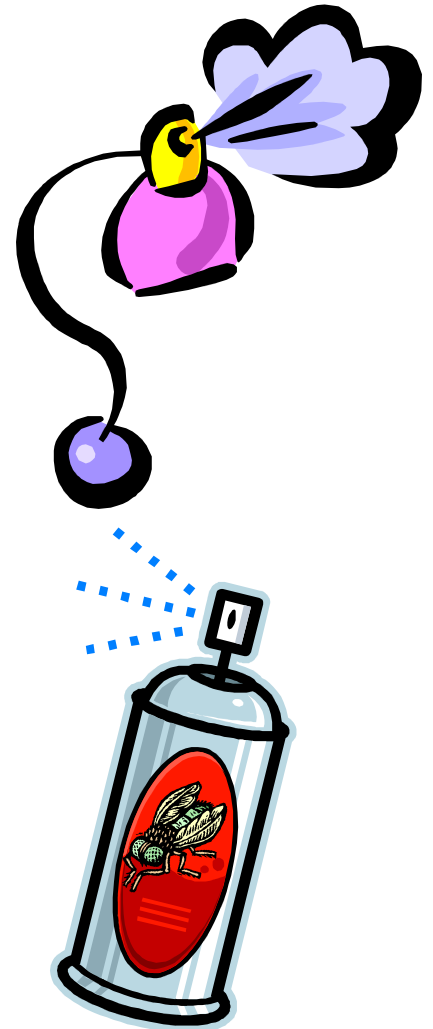
ALLERGY AND CHEMICAL SENSITIVITY WEEK

10-16 MAY 2010

Are you sensitive to chemicals?

Do you get a headache, asthma, blocked or runny nose, nausea, fatigue, a “spaced out” feeling or other symptoms when you are exposed to low levels of chemicals? For example, when you:

- Walk down the washing powder and cleaning product aisle at the supermarket?
- Fill the car with petrol?
- Walk past the hairdresser’s?
- Are near someone wearing perfume, aftershave or scented products?
- Go into a public toilet or other room with “air freshener”?
- Are somewhere where fly spray or other pesticide or herbicide has been used?
- Are in a room with new paint, new carpet or new furniture?
- Use or are near disinfectant, bleach or cleaning products?
- Are exposed to cigarette smoke or wood smoke?
- Use a photocopier or laser printer?



In a NSW Department of Health study* 2.9% of people reported having been diagnosed with chemical sensitivity.

If you are sensitive to chemicals there are ways to reduce your exposure and prevent symptoms. Continued exposure can make sensitivities worse.

Join AESSRA Inc. for information and support.

aessra

Allergy and Environmental Sensitivity Support and Research Association Inc.

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*Centre for Epidemiology and Research, NSW Department of Health. New South Wales Adult Health Survey 2002
NSW Public Health Bull 2003; 14(S-4).

http://www.health.nsw.gov.au/public-health/phbsup/adult_health_survey.pdf