



Board of Trustees Meeting

ALLERGY NOTICE

At the Unitarian Universalist Association (UUA), we are working to create an environment that is rooted in diversity and committed to building inclusive community. This is an ongoing invitation to a practice of disability justice, openness, compassion, and constant learning.

An increasing number of people in the UUA community are harmed by a variety of common chemicals and fragrances, including “natural” fragrances and aromatherapy products, such as fragranced essential oils. Due to allergies, asthma, or other chemical sensitivities, they may have difficulty breathing, migraine headaches, flu-like symptoms, and even experience anaphylactic shock to certain scents and products. When we come into the room having used products on our bodies or clothing that include fragrances or chemicals, those who are allergic or sensitive are faced with the choice to stay and get sick, or leave and be excluded.

A member of our community has extreme chemical sensitivities and is anaphylactic shock (deathly) allergic to roses, oranges, grapefruits, most raw citrus fruits, and fresh flowers. That means that they will be wearing a mask most of the time. However, if someone wears perfume, pre-shave splash, deodorant, etc. which has these scents in it, or even worse eats an orange or grapefruit (including juice), they will go into anaphylactic shock and need to be rushed to the hospital.

If you are planning on attending the meeting at UUA headquarters in Boston, we ask that you please enter the building with this awareness and help us make the space accessible to all by coming to the meeting fragrance and scent free.

How to Be Fragrance and Scent Free:

- Wear clothes laundered in fragrance-free laundry detergent.
- Avoid fabric softeners.
- Use fragrance-free soap, shampoo, and hair products.
- Use fragrance-free lotion and deodorant.
- Avoid cologne, aftershave lotion, pre-shave splash, perfume, and essential oils that are scented in anything other than small amounts of lavender and mint (some people however are allergic to these as well).
- Don't use any products that have roses, oranges, grapefruits, or any citrus scents in them.
- Read the ingredient labels on all products used on your body or clothing.
- Test each product with your nose or ask a friend with a good sense of smell. Many products are mistakenly marked “unscented” or “fragrance-free” (but actually contain masking scents which can be very harmful).

Thank you in advance for your efforts in making this meeting healthy for all.