

Clean Up Triggers:

LAUNDRY & FABRICS

Laundry products and fabrics stay in close contact with the body for long periods of time.

WHY LAUNDRY & FABRIC MATTERS

- Direct skin contact for hours at a time
- Exposure continues during rest and sleep
- Residue can linger even after washing
- Often overlooked as a trigger source

HOW THIS CAN SHOW UP

- Skin irritation, itching, or rashes
- Headaches or nausea from scented clothing
- Feeling worse in bed or when wearing certain clothes
- Symptoms improve with freshly washed or unscented items
- Not sure / not relevant right now

LOWEST EFFORT MODERATE EFFORT HIGHEST EFFORT

- Skip fabric softener or dryer sheets
- Wash bedding separately
- Change clothes after being in scented environments
- Let new clothes air out before wearing

- Switch to fragrance-free laundry detergent
- Use wool dryer balls instead of dryer sheets
- Wash pajamas and sheets with fewer products
- Choose fragrance-free options for products used near the face

- Reduce social commitments during flares
- Ask for support with errands
- Prioritize smaller gatherings
- Adjust shared expectations around fragrance in frequently used spaces

Where do these exposures show up most often for me right now?



Is there one small adjustment that feels realistic – or am I just noticing for now?

