##### **Dear Reader:** Usually I’m answering questions you ask, but this time I wanted to share a thread from Facebook that caught my eye. I feel it’s worth reading to bring awareness to a sensitivity issue, so I’m reprinting some answers to an original post by Rich Germosen (with his permission).

##### **The question:** Should we wear colognes or perfumes on the job?

##### **My answer:** Think of a whisper when you wear perfume and cologne like a whisper, an intimacy saved for those folks who come within a foot of you. There’s no need to “shout” out to everyone in the room. But these folks say it better.

##### I LOVE wearing cologne...but in the work environment it is definitely frowned upon.Top of Form

* ReplyRep
* :)I had an experience one time where an elderly lady complained about my perfume. (I did not have a lot on.) And she sat at the opposite end of a very long conference table while I took her dep. Since then I am very careful never to apply too much.
* I'm very sensitive to colognes and perfumes. This is a new development within the past ten years. Before that, I could wear anything. Better to just be clean and smell like nothing than potentially give someone a migraine. I wish perfumes and colognes would be outlawed completely!
* I have a very hard time with colognes and perfumes. I get an instant headache from them. It's tough at conferences, plays, concerts, when I end up sitting next to someone with fragrances. My office is a fragrance-free office, and we all seem to like it better. I say no to fragrances on the job!
* I also have a tough time with colognes and perfumes. I can actually get an asthma attack from some of them. I really suffer when someone who wears strong perfume is near me. Years ago, we had a reporter who was actually sent home because so many people at the courthouse had been complaining about his cologne. He was told to come back scent-free. I say no to fragrances as well!
* Big allergy/asthma trigger for many. And in general, you don't want to create a distraction for anyone.
* I have met a few folks with chemical allergies, so sometimes even shaking hands with a person who has lotion on can trigger a big allergy attack. I always refrain from fragrance as much as possible.

Rich had the final comment on the post: Wow...who knew? This is VERY interesting to hear how others feel about cologne/perfume in general. I'll definitely keep it to just "one" spray from now on in a social setting. As I mentioned before...I don't know where I learned it...but I never wear it in the work environment.

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