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To: All Hockey PEI Members

Re: Advisory on Smelling Salts and Health Risks

Hockey PEI is aware of concerns brought forth to the Chief Public Health Office in relation to ammonia based inhalant products, commonly known as **smelling salts.** Hockey PEI does not recommend use of these products and cautions members to be alert and informed regarding potential availability and health risks of this product.

According to Health Canada, no ammonia-based health products or smelling salts have been authorized for sale in Canada for inhalation purposes. Inhaling ammonia can pose serious health risks, including:

- Coughing and airway constriction
- Irritation of the eyes, nose, and throat
- Other potential respiratory issues

Health Canada strongly advises against purchasing or using unapproved inhalant products marketed for alertness or energy-boosting purposes. Unauthorized health products have not been assessed for safety, quality, or efficacy, and their use may present significant health risks.

Selling or advertising unauthorized health products in Canada is illegal. While Health Canada tell us they have not received any reports of smelling salts being sold at arenas, the Department encourages individuals to report any suspected sales or advertising of these unauthorized products. Reports can be submitted using Health Canada's online complaint form.

For more information or to verify if a health product is authorized for sale in Canada, you search Health Canada's Drug Product Database and Licensed Natural Health Product Database.

We will continue to work with our local and national sport and health authorities to better understand the availability and use of ammonia-based smelling salts and other stimulant products in PEI and across the country.

It is our continued priority to provide a safe and healthy environment for our participants on and off the ice.

Thank you for your continued support.

FOR MORE INFORMATION:

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