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Following testing it would seem that you are reacting to **FORMALIN** or **FORMALDEHYDE**. This is a volatile chemical, in that fumes or vapours of formalin are given off by the following items. It is therefore the fumes that can cause reactions, and these are produced particularly for a few months after manufacture.

As an example, the "new" smell of a showroom car or new furniture is formalin fumes.

Avoidance is impossible, and it is not expected that you will take this list as a list of items to be avoided. Because formalin is so common in the environment, desensitisation will be needed.

FORMALIN is found in :-

Traffic fumes Glues and cements

Foam rubber (pillows, cushions etc.)

Propellants (sprays),

Newspaper and newsprint

Photographic chemicals and photographs.

British dairy milk and milk products.

Soft plastics

Soaps, detergents and shampoos

Fabric conditioners

Cavity wall insulation

Building materials (wallboards, veneers etc)

Toilet items (mouthwashes, toothpaste, hair lotions, antiperspirants, nail polishes).

Textiles - dyes, shrink & mothproofing, permanent press treatment etc.

Hospitals, medical and dental surgeries (used for orthopaedic casts and instrument cleaning).

Also in: coffee, pineapple, avocado, mushrooms, cherries, asparagus, apples, honey (heather and Mexican OK).

THIS IS NOT A COMPLETE LIST as potential sources are too numerous. Many jobs involve exposure to formalin, particularly in the printing, clothing and leather industries.