

# SMELL

## Our olfactory sense



### What is smell?

Smell is our olfactory sense; we can make judgments about our environments based on what we can smell, for example we can smell some leftover food to see if it has gone bad.



### What does oversensitivity look like?

- Disliking strong smells
- Finding smells offensive that other people barely notice
- Not liking certain deodorants or body sprays
- Feeling the need to shower often
- Not being able to go into certain places as the smell is too overpowering

### What does undersensitivity look like?

- Not noticing when you need to bathe or shower
- Not noticing when food has gone bad
- Liking very strong smelling things
- Liking very strong foods, and not enjoying foods that don't have a strong taste



### What helps?

- Avoiding places with very strong smells
- Using unscented soaps and hygiene products
- Eating foods that don't have strong smells



### What helps?

- Having a regular personal hygiene schedule
- Having foods with strong smells and tastes
- Scented items to use to cover up bad smells

