

**Support letter template:**

**For Primary Care Providers to support  
Multiple Chemical Sensitivity (MCS) patients**

Eg., Workplace, Landlord

Dear \_\_\_\_\_,

This patient has received a diagnosis of Multiple Chemical Sensitivities (MCS), a recognized medical disability by the [Canadian Human Rights Commission](#). In Canada, as of 2020, over 1.1 million Canadians have been diagnosed with MCS (~4% of the population), which surpasses the combined number of all cancer cases (Statistics Canada, Canadian Community Health Survey). Current research indicates that up to 32.2% of populations worldwide self-identify as experiencing adverse reactions to fragranced products (Steinmann).

I recommend implementing accessibility measures for this individual in accordance with the [Accessible Canada Act](#), which mandates the removal of barriers to the built environment to ensure equal opportunities for people with disabilities to access and participate.

Due to the fact that various chemicals, including scented products, pesticides, second-hand smoke, and renovation chemicals, act as [barriers to the built environment](#) for individuals with MCS, a strictly [enforced scent-free policy](#) is necessary. If one does not exist, it [needs to be developed](#) according to the duty to accommodate. Note: Scent-*reduction* policies are insufficient to eliminate barriers for individuals with MCS.

Accessibility accommodations may include:

- An air filter with HEPA and activated carbon (the latter is crucial for filtering gas phase chemicals).
- An appropriate mask with activated carbon.
- Maintenance of a building's ventilation system, including duct cleaning, or ventilation improvements - make sure that no chemicals, scents/fragrances or essential oils are used during or after cleaning.
- The option to work from home if the above measures are deemed inadequate to support access according to the patient's needs.
- A requirement that the individual be relocated during, and for a sufficient period after, renovations or the use of pesticides.
- [Only tolerated renovation materials should be used](#), and the least toxic pesticide practices should be employed.

Thank you for your assistance in promoting equal access to shared environments,

Sincerely,

