

THIS MONTH WE DISCUSS:
EXPOSURE TO OUTDOOR ALLERGENS
INDOOR AIR QUALITY
CLEANING PRODUCTS
SUN PROTECTION



SEASONAL CHANGES AND MULTIPLE CHEMICAL SENSITIVITIES: PREPARING FOR SUMMER

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Article

Seasonal Changes and Environmental Sensitivities: Preparing for Summer

Understanding Multiple Chemical Sensitivity: A Seasonal Challenge

As the summer season unfolds, many of us find joy in longer days, the warmth of the sun, and the opportunity to connect with the great outdoors. Yet, for people experiencing Multiple Chemical Sensitivities (MCS), this time of year presents a unique set of challenges. Increased exposure to allergens, more frequent use of pesticides, exposure to chemicals found outdoors, such as laundry products and barbeque smoke, and intensified sunlight can trigger MCS symptoms, making it essential to prepare for these seasonal changes.

For those unaware, MCS is a medical condition and a recognized disability where an individual becomes sensitized to chemicals and experiences reactions or symptoms upon exposure to chemicals contained in products. These exposure-related symptoms are repeated after each exposure, and currently, there is no cure.

MCS is a condition characterized by a heightened sensitivity to environmental factors, such as chemicals, molds, and various allergens. These triggers can cause various physical symptoms ranging from headaches, skin irritations, and fatigue to more severe reactions such as respiratory difficulties and difficulties concentrating.



As an organization dedicated to providing help and support to individuals with MCS, The Environmental Health Association of Québec wishes to share some strategies to help navigate the summer months.

Minimize Exposure to Outdoor Allergens:

Pollen is more abundant during summer, especially in the morning and evening. Limit outdoor activities during these peak times, and consider wearing sunglasses to protect your eyes from airborne allergens. After spending time outdoors, shower and change clothes to remove any pollen.

Use Healthy Cleaning Products:

As you prepare for the summer, ensure to clean your homes with non-toxic, environmentally friendly products. Cleaning helps reduce indoor allergens like dust mites. The Environmental Health Association of Québec provides resources to help you find healthy cleaning materials suitable for people with MCS. Visit our housekeeping section in the Eco Living Guide: <https://lavieecolo.ca/en/housekeeping/>

Mind Your Indoor Air Quality:

During hot summer days, we often retreat indoors. However, indoor air can be more polluted than outdoor air due to dust mites, mold, and chemical emissions from household products. Consider using an air purifier and maintain humidity levels between 30-50% to reduce mold growth.

Use Sun Protection Mindfully:

While sunscreen is essential for protecting your skin from harmful UV rays, some may contain chemicals that can trigger MCS symptoms.



Opt for mineral-based sunscreens with ingredients like zinc oxide or titanium dioxide, which are less likely to cause skin irritations. Visit our Eco Living Guide for healthy personal care solutions: <https://lavieecolo.ca/en/personal-hygiene/>

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Living with MCS can be an isolating experience. Let us join in promoting healthy solutions for everyday living. Together, we can create a healthier, safer world for everyone. Have a wonderful, mindful summer!



@ASEQ-EHAQ
office@aseq-ehaq.ca