



Association pour la santé environnementale du Québec
Environmental Health Association of Québec

ECO-JOURNAL

July 2020

News from ASEQ-EHAQ

A word to our members

First of all, we want to thank all of you who suffer from [environmental sensitivities](#) who wrote to us to let us know how you are being affected by COVID-19. From your responses we understand that this situation has not been easy for you at all. You already know about the isolation that you have long suffered from due to your health condition. However, it has been more difficult for you with the increased use of disinfectants and fragranced disinfectants used in places that you have to enter to get your groceries and essentials, or visits to health professionals, etc. ASEQ is in the process of creating an education project that will cover these issues. Watch out for news on how you can participate in this project!

New employees

A big welcome to new employees at ASEQ! **Savroop Kullar** who is doing research, **Pamela Coulombe** and **Sébastien Champoux** who are working on a new website for ASEQ. We are looking forward to creating wonderful projects for ASEQ.

Association pour la santé environnementale du Québec / Environmental Health Association of Québec
(ASEQ-EHAQ)

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Thank you to our volunteers

We thank all the volunteers who help make this newsletter possible and who are helping to transition from in-person meetings to webinars. We truly appreciate your involvement, support and generosity.

In this newsletter...

In this month's newsletter, we bring you information on how to choose healthy products, recognize valid certifications and read labels. Do you know that every time you purchase a product, even if it is a known product, it is always advisable to check out the label to make sure that it is what you want, or tolerate – and that a new ingredient has not been added to the product since your last purchase!

We also bring to you part two on the Forever Chemicals. We looked around for outdoor furniture this year and had to play detective to avoid these chemicals. Every time we saw 'water proof' or 'stain proof', etc., we rejected the product and, in the end, settled for responsibly harvested wood.

An article on Canada's Chemical Management Plan will cover information on what it is, and if in fact it does protect Canadians.

Would you like to write your story, either with your name or anonymously? Or do you have a topic in mind that you would like to see covered? Let us know.

And finally ...



And finally, in these warm days of summer, we wish you good health. Enjoy the outdoors – but don't forget your mask, keep your distance and take good care of yourself!

Rohini Peris, President

Michel Gaudet, Executive Director

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