



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

ECO-JOURNAL

May 2021

Month of May for education and awareness of environmental sensitivities/multiple chemical sensitivities

News from ASEQ-EHAQ

May is the month for education and awareness for **environmental sensitivities/multiple chemical sensitivities** (ES/MCS).



In order to help you gain access for essential services, here is a **fact sheet** on '**Safer Cleaning Practices to Reduce COVID-19 & Virus Spread**'. In addition, to help you remove barriers such as fragrances, so that you can have access for services, here is a **support letter**, which refers to your disability, and to the fact sheet. Kindly contact us if you have any questions or need help with accessibility for your disability.

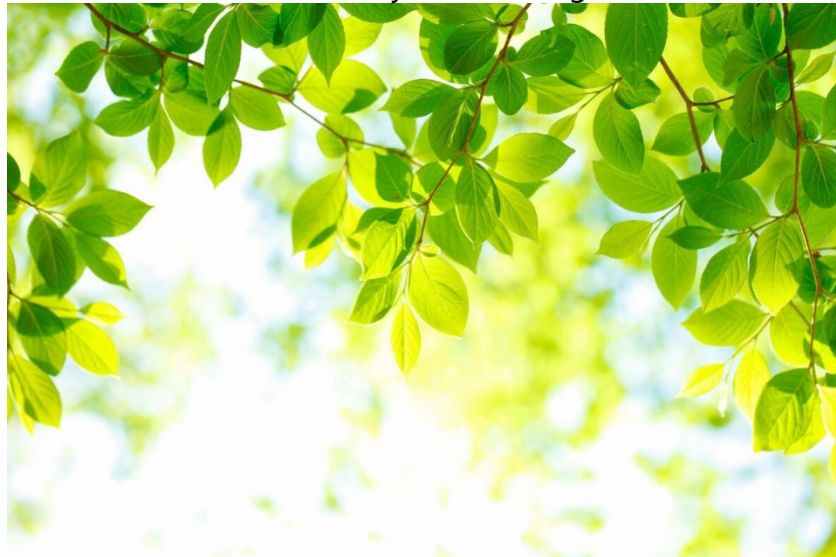




In our last newsletter, we mentioned a new project where we invited you to participate. The title of this project is **'Your Voice Matters'**. We are ready to publish your stories and even diffuse them via social media. You can use your name, a nick name or even be anonymous. What is important is that you have a platform to express yourself, and your identity can be kept anonymous if you so desire. One of our members wrote an article about our recent research, **which is posted on our blog**, and it drew significant attention on social media.

Since the pandemic struck the world, and we realized our fragility, at ASEQ-EHAQ, we had an influx of wonderful volunteers, some still in university and some graduates– but ALL

concerned about the existence of this disability, ES/MCS. One constant remark, often with indignation, was that these young people were not taught about this health condition – and not even while studying in Public Health or environmental studies. There was also



been concern that this condition existed, and some commented that it reminded them about the climate change cover up. Would you agree that we have a lot of education to do?

So, we are reaching out to you to tell your stories and make a difference – especially during this very important month of education and awareness of ES/MCS. Presently ASEQ is working at all levels of government for this disability. People need to read about you. Stories appear now and then in the press as though this is a random condition – according to Statistics Canada (2016) over one million Canadians have a diagnosis, from a health professional, of multiple chemical sensitivity (MCS). We know that many of you are disabled to the point that writing your story would be too hard for you. So, we are offering to help you. We can meet via zoom or telephone and get this done. Of course, we would always send you a copy for approval before we translate and load your story on the website.



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Are you aware that there was recent movement on the Canadian Environmental Protection Act? This Act is supposed to protect us and the environment. But I would say to you, that this health and environmental protection is in YOUR hands. We must promote the use of healthy products for all applications for everyday living. Please spread the word. We have to use our dollar to drive that change. Change your product choices and Industry will follow. Here are some solutions for everyday living: www.EcoLivingGuide.ca Please visit this guide often as we will be adding and updating information. If you have suggestions, we are happy to hear from you.

ASEQ-EHAQ is working at the federal level for accessibility for the disability of environmental sensitivities. Accessibility Standards Canada is having their **first annual public meeting on May 31, 2021** at 1:00 pm EST. We encourage you to **register and attend this event**.

Are you on Facebook? If you are, do follow ASEQ-EHAQ's Facebook. We have had over 500,000 visitors in the last 28 days, and more than 21,500 people follow us. Please **'like'** and **follow** us. Spread the message.

We take this opportunity to sincerely thank our amazing volunteers, advisors, funders and employees for their precious work and support which allows ASEQ-EHAQ to achieve its mission. And last but not least, we thank you our members for your encouragement on this necessary, but not-so-easy journey for a better future.

Have a lovely month of May.

We wish you good health!

Rohini Peris, President

Michel Gaudet, Executive Director