



Association pour la santé environnementale du Québec
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EXERCISE YOUR RIGHT TO VOTE!

Accommodations for MCS during federal elections

If your MCS is so severe that you cannot risk leaving home OR risk entering a public building and be exposed to scents, cleaning products, and other chemicals that would make you very ill: you can contact your local Elections Canada office, and request a "special ballot", **and have two Elections Canada representatives come to your home in order that you can cast your ballot**. This is an *Accommodation for your disability*, [recognized by the Canadian Human Rights Commission](#) and protected under the Human Rights Act.

You will have to **request accommodations from these representatives to address the disability of MCS, ahead of their scheduled visit**. This will include that they are [scent free](#) when they come to your home, and **MAKE SURE these representatives clearly understand what must NOT be worn**: scented fabric softeners, perfumes, deodorants, shampoo/conditioner, lotions, hand sanitizers, etc.), and if possible, ask for the earliest appointment of the day (so that the representatives don't get scents transferred onto their clothes from other residents). It is important that they stop wearing fragranced products for all applications days in advance – wearing scented products the day before your visit, does not make them scent-free the day of your visit! For more healthy, fragrance-free solutions, share the [Eco Living Guide](#) with them.





I have cast my ballot in the last two elections this way (the representatives stayed out in the hall of my apartment building and I stayed in my doorway), and, while it wasn't perfect (the representatives still had SOME scent on them), it was MUCH better than having to be exposed to a myriad of products – or not voting at all.

This year, when I contacted Elections Canada, this is the response:

Voting at home: Elections Canada offers the possibility of voting at home, in the presence of an election worker or a witness, for voters meeting two criteria:

The elector is unable to read or vote in the usual manner because of a disability [e.g., we cannot stand in line behind/in front other people wearing scented products, including hand sanitizer], and,

The elector is unable to vote in person because of a disability. [i.e., we either can't leave home at all, or can't get to/enter public buildings because of the scented products other people are wearing, OR the disinfectants/cleaners/deodorizers used to sanitize on a regular basis, but especially due to COVID]

Please note that the election officer will need to mark the ballot as it is a "write-in" **special ballot that requires the first and last name of the candidate to be written on the ballot**. You must contact your **local** Elections Canada office for arrangements and **must also register to vote by special ballot, by 6:00 p.m. on Tuesday before voting day**.

To find your LOCAL Elections Canada Office, go to elections.ca, and enter your Postal Code under "My Voter Information".

On the page that appears, select your street from the drop down menu, click on search, and on the new page, scroll down to "Other election Info" and



click on “Where is my local Elections Canada office? ” – The next page should give you the address and phone number for your Local Elections Canada Office.

You can also find the names of the candidates in your riding once you have entered your postal code and street address. You will see one of four blue boxes, that says “Who are the candidates in my electoral district”; that should bring up the candidates in your riding. All candidates must be listed on this page by August 30th.

For more information about the Canadian federal electoral system, visit elections.ca, or call 1-800-463-6868, toll-free in Canada and the United States. Hours of operation are Monday to Sunday, 7:00 a.m. until midnight (Eastern Standard Time).

VOTE!
IT’S YOUR RIGHT!