



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

## ECO-JOURNAL

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### News from ASEQ-EHAQ



Here we are in the last month of the year. And what a year it has been! Starting with fires, ending with floods, and in between blasted with the damning INSPQ report on MCS. More about that later!

At the outset, I would like to thank all our advisors to ASEQ-EHAQ, volunteers, employees and last but not least, our very dedicated Board of Directors – all of whom have carried us through 2021, and are ready to face 2022 with enthusiasm and energy. What a team! We are ready to face all the Goliaths who are bound to raise their heads as we advance our cause.

But first! Have you seen the 2020 data from Statistics Canada's Canadian Community Health Survey (CCHS)? [Click here to view the data in Québec](#), and [here to view the data in Canada](#). We are working on getting similar information for all the provinces,



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and will post them on our website as soon as it is done. While we are on the topic of statistics, here is important information to share with your entourage: [Frequency of Associated Diagnoses with Multiple Chemical Sensitivity \(MCS\)](#). We are in the process of bringing more data on MCS to you. It is no doubt, a sad story to present to you.

For years we have noted how most people with MCS are treated and viewed, by people who are supposed to care and support them. Enough is enough! By the time this newsletter is out we would have launched the 'Requests for Accommodation' page. We are extremely concerned about the negative effects of the INSPQ report on MCS, and how that will affect your requests for accommodation. Or even, how you are treated when you ask for accommodation. So, we are encouraging you to fill out this questionnaire so that we can act. As mentioned on the website, your personal information will remain confidential. However, this information will help us take action. Here is the webpage to access this information.

Now that the INSPQ report on MCS has been released, we have resurrected our housing project ECOASIS. Again, if you have housing issues, please write your stories. We will post

them on [www.ecoasisquebec.ca](http://www.ecoasisquebec.ca) and also take it up to the decision makers. You don't have to use your name if you are not comfortable.

To get back to the topic of the INSPQ report on MCS: [Have you signed the letter?](#) And if you have signed it, have you shared it? At the time of writing this message, we have 576 letters sent. While that is a lot of letters, it is not enough to make the change we need. Please help spread the word. Contact us if you need help.

We would like to have people experiencing MCS participating in ASEQ-EHAQ. Without you, we would not have this group. In order to spread awareness about MCS, we need to know your stories. Your needs. Your ideas – so we can make them grow from dreams to reality. We are here to work for you.



We wish you a wonderful month of December. May your Holidays be blessed, healthy and bright! May you create special memories with loved ones and friends as we end this year and get ready for 2022.

Be well and take good care.

Happy Holidays! Merry Christmas!

*Rohini Peris, President*

*Michel Gaudet, Executive Director*

