



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

ECO-JOURNAL

January 2022

News from ASEQ-EHAQ

Hello to all our members and friends,

Happy New Year!

The past year has been a roller coaster with a new challenge around every corner, but we have done some great things together. By coming together, we have spread awareness about the harm of the National Institute of Public Health Québec (INSPQ) report on Multiple Chemical Sensitivity (MCS), we have created, shared and translated even more research on MCS, we have launched several new projects, and we have created and shared many new resources that everyone can take advantage of going into the new year!

As this holiday season comes to an end we must come together to move into the new year with a strong and supportive community that continues to act, and spread the word about MCS and the importance of proper accommodation (fragrance-free and least-toxic spaces, etc.), and the importance of removal of barriers that cause the MCS disability such as fragrances and products containing certain chemicals.

Soon to be released

In early 2022 we will launch several new projects to help raise awareness about some of the realities that occur due to the barriers to the MCS disability. For example, the stigma reporting form will be available for you to share about denials of accommodation, and the times you experienced stigma, discrimination, or abuse. By sharing this type of information, we can advocate for increased support and change.

In addition, in the new year we must come together and get to know one another. In order to do so we need to hear from you! We are all unique, and have talents and skills that we can share with one another, which can only make us stronger. Getting to know others in the MCS community can help us keep up the momentum and be even more successful in pushing for change. Skill sharing workshops will help to bring us all together with a less serious agenda and help to reduce isolation while strengthening our community. We hope



514-332-4320



bureau@aseq-ehaq.ca
office@aseq-ehaq.ca



that you will take part in our new survey about this project to let us know what you think! We can't do this without each other, so we must come together with a purpose!

Act now for change!

Recently, we created a short video outlining some of the issues with the INSPQ report on MCS.

Please watch and share it with people around you to explain why they need to send a letter to have the INSPQ report taken down. [You can watch the video here](#), and once you have watched it, be sure to share it with everyone in your network.

Like we said earlier, 2021 was indeed a roller coaster. We can say with confidence, that we could not have acted and reacted without you. We want to sincerely thank you for participating, acting, and making your voices heard. At the time of writing this message, we have collectively sent 750 letters to the government of Québec. For our members in Québec, it is time to [contact your Members of the National Assembly](#) and ask them to act responsibly! The INSPQ does not have any checks and balances to see that it acts in good faith. We, collectively, must let them know that the right thing must be done. Remove that report.

We have heard it being said that this is Québec's problem, and why should anyone care. Well, this is everyone's problem and will affect us all. Whether you have MCS or not.

- The INSPQ has shared this report across the country – everyone is affected.
- The INSPQ informs policy in government.
- They are giving conferences even while investigating our complaint against them, and stating that MCS is not related to chemical exposures, *but from fear of chemicals*.
- Therefore, healthy spaces are not required – and this, at a time when we need healthy environments for future generations on this planet.
- They are saying that to treat MCS, people with MCS must be exposed to chemicals.
- Our friends outside of Canada have reported reasons to be concerned, that the same kind of report can be produced in their countries.

We hope that no matter where you live on this planet; that you will take up this cause and [participate in our action](#).



With everything that has happened in 2021, we at ASEQ-EHAQ thank you for your participation and support. We are **Stronger Together**, and we look forward to continuing this momentum and creating great things throughout 2022.

On behalf of our board members, volunteers and staff at ASEQ-EHAQ we send all good wishes your way as we all move into the new year.

Thank you for being a part of our community, for taking action, and for helping out in whatever way you can!

Best wishes, good health, and happy new year!

Rohini Peris, President

Michel Gaudet, Executive Director