



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

ECO-JOURNAL

August 2022

News from ASEQ-EHAQ

Hello everyone,

We have already made it to August! We hope that with the heat waves in the past few weeks you have been staying cool and managing well.

ACTION ALERT !

NEW IMPORTANT SURVEY! SEE BELOW FOR DETAILS

Below we have identified some action items that you can take part in to make your voice heard. You can follow this link to participate: <https://aseq-ehaq.ca/en/demand-change-for-mcs-take-action-now/>

- **Impact of the INSPQ Report on the MCS population – Survey - (NEW! Participate!)**

We have just released a new survey to learn about how the INSPQ report on MCS has affected you. We encourage you to take part in the survey, so we can have a better understanding of the impacts that the report has had. [To learn more and fill out the survey click here.](#)

- **Send a letter to elected officials**

Though the action pages to take down the INSPQ report, and to create healthy housing came down last month, we have put the emails onto their own pages. This means that you can still contact the elected officials by copying and pasting the text into an email. The more people that contact their officials, the stronger this message will be. We encourage you to continue contacting your MPs to ensure that your voice is heard.

TAKE DOWN THE INSPQ REPORT ON MCS: <https://aseq-ehaq.ca/en/5585-2/>

WE NEED MCS HOUSING ACROSS CANADA: <https://aseq-ehaq.ca/en/housing-for-mcs/>



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- **Register for Event**

On August 17, we will be hosting a roundtable event called “**The Path to Diagnosis**”. In this event we invite participants to respond to different questions about their challenges and successes when they began experiencing MCS to when they were able to get a diagnosis. We encourage everyone to participate even if you still have not received a diagnosis. If you are interested in participating in this event please register here:

[https://us02web.zoom.us/meeting/register/tZYkcumvqDspHtO3qSXmbGZyrFApRygcaPnA](https://us02web.zoom.us/j/8447105870)

We have included a handful of resources that can help with managing MCS:

- **[SEEDS of health \(Click here\):](#)**

The SEEDS of Health document includes a number of ways that you can help support your body to manage MCS. While many of these items are easier said than done, working towards these as goals can help you to manage your health.

- **[Checklist \(Click here\):](#)**

This checklist includes a number of strategies that you can use to manage your health. This list can be a good reminder so that you can continue to support your health and well-being.

- **[Activity and Symptoms Journal \(Click here\):](#)**

This activity and symptom journal can be very helpful to identify trends and patterns with your symptoms and exposures. You can keep track of the state of your health and whether you are improving or getting better. You never know when this will come in handy with a doctor, lawyer or in the workplace. It is important to stay as consistent as possible when documenting your symptoms, and to always include the date.

We hope that these resources will be helpful to you, and wish you all the best for the coming month. Stay safe, stay cool!

Have a wonderful month of August! Take care and be well,

Rohini Peris, President

Michel Gaudet, Executive Director