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Article

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As families across the country prepare for the back-to-school season, there's a mix of excitement and trepidation. But for families where one or more members are living with Multiple Chemical Sensitivities (MCS), this transition isn't just about new teachers and school supplies. It's about navigating a potentially challenging environment filled with triggers for MCS symptoms.

MCS is a recognized medical condition characterized by a heightened sensitivity to various chemicals found in everyday products, from cleaning supplies to art materials. Exposure to these chemicals can lead to symptoms ranging from mild irritations to more severe physical reactions.

For families affected by MCS, going back to school requires not just preparation but also education, communication, and collaboration with school staff and community members. The following strategies and guidelines from The Environmental Health Association of Québec aim to assist families, teachers, and students in making this back-to-school season as seamless and comfortable as possible for those managing MCS.



As an organization dedicated to assisting families and individuals with Multiple Chemical Sensitivity (MCS), The Environmental Health Association of Québec wishes to share some strategies to help navigate the back-to-school season.

Choose Supplies Mindfully:

Opt for non-toxic, environmentally friendly school supplies. Many traditional products may contain chemicals that can irritate or exacerbate MCS symptoms. Look for labels indicating low VOC (Volatile Organic Compounds), and choose unscented products whenever possible.

Manage Indoor Air Quality:

Indoor air quality can be a significant concern for those with MCS. Ask about the school's cleaning protocols, ventilation systems, and if they use non-toxic cleaning products. You may want to contribute or suggest specific products that are known to be MCS-friendly.

Provide Safe Snacks:

For younger students, you might need to coordinate with teachers and caregivers to ensure that snacks and lunches are prepared and stored using safe, non-reactive containers. Consider providing a list of safe food options and preparation techniques.

Foster a Supportive Community:

Educate classmates, parents, and staff about MCS to foster understanding and compassion. Consider providing educational materials to help others recognize the importance of accommodating this condition.

Utilize Online Resources:

The Environmental Health Association of Québec offers resources to help navigate the complexities of living with MCS.

Visit our [Eco-Living Guide](#) for comprehensive information on MCS-friendly products, practices, and support: [Eco Living Guide](#)

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Remember, you are not alone in your journey with Multiple Chemical Sensitivities. Together, we can create a healthier, safer world for everyone.



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