



Tip Sheet

Multiple Chemical Sensitivity (MCS)



First Aid Kit

Empowering Community and Removal of Barriers (ECRoB) Project

Emergencies are never planned. However, planning and preparing for such events to mitigate the effects is possible. This is especially important for people experiencing MCS and even more so due to our changing climate and the increasing number of disasters. It is helpful to prepare a first-aid kit for yourself and leave it in your car or take it with you to the hospital emergency.

Organic cotton or hypoallergenic bandages: Choose bandages made from organic cotton or hypoallergenic materials to minimize potential irritants.

Non-latex gloves: Include non-latex gloves to protect both the responder and the multiple chemical sensitivity (MCS) individuals from allergic reactions.

Natural antiseptic wipes or spray: Opt for natural antiseptic wipes or sprays with least toxic chemicals, and free from fragrances.

Unscented saline solution: Include unscented saline solution for wound cleaning or eye irrigation.

Sterile gauze pads: Pack sterile gauze pads to dress wounds, ensuring they are free from added fragrances or chemicals.

Thermometer: Include a digital thermometer.

Scent/fragrance-free, EcoLogo-certified moisturizer or barrier cream: Include an unscented moisturizer or barrier cream to protect the skin without triggering symptoms in people who experience MCS.

Scent/fragrance-free, EcoLogo-certified lip balm: Add a scent/fragrance-free lip balm to provide relief for dry or chapped lips.

Emergency medication: If the individual requires emergency medication, ensure it is stored properly and easily accessible. Or, have a list of medications you take, especially if necessary for your well-being.

MCS-friendly face masks: Include an MCS-friendly face mask made from hypoallergenic materials to protect from airborne irritants. An N95 mask is highly suggested in case of infectious illness or smog.



Emergency contact information: Keep a list of emergency contact numbers, including healthcare providers familiar with MCS.

Personalized emergency plan: Include a copy of the individual's customized emergency plan, detailing specific needs, triggers, and symptoms, including allergies. A letter from your doctor explaining the disability you experience is helpful for first responders who may not know about MCS.

Regularly review and update your emergency first aid kit to ensure it remains stocked and suitable for your individual MCS needs.