

What to do when you come down with Multiple chemical Sensitivity



Empowering Community and Removal of Barriers (ECRoB)

When you experience Multiple Chemical Sensitivity (MCS), it's essential to take steps to avoid exposures which lead to symptoms. Here are some simple tips to help you manage MCS symptoms:

1. Identify Triggers:

- Pay attention to your environment and note any substances or situations that trigger your symptoms.
- Common triggers are: fragrances, cleaning products, pesticides, smoke (tobacco, marijuana, vaping, campfire, BBQ, etc.), and chemicals in certain personal care products.

2. Create a Healthy, Safe Space:

- Designate a safe area in your home where you can retreat to when you have had an exposure and are experiencing symptoms; it is a good idea to make it your bedroom.
- Keep this space free from potential triggers, such as scented products.

3. Ventilation and Air Quality:

- Open your windows to improve air circulation and allow fresh air to enter your living space when there is no outside pollution (smog, laundry emissions, smoke, vehicle or lawn mower exhaust, etc.).
- Use high-quality air filters or purifiers to reduce indoor air pollutants and improve air quality.
- Ensure a regular, least-toxic cleaning schedule.

4. Fragrance-Free Environment:

- Request fragrance-free accommodations and policies in public places, workplaces, and schools.
- Politely inform friends and family about your health condition, asking them to avoid wearing fragrances.

5. Chemical-Free Cleaning:

- Opt for fragrance-free, natural, or non-toxic cleaning products.
- Consider making your cleaning solutions using ingredients like vinegar, baking soda, and lemon juice.



6. Personal Care Products:

- Choose fragrance-free personal care products that have a certified ecologo.
- Read labels carefully, choose products with few ingredients, and avoid chemicals of concern.

7. Clothing and Bedding:

- Wash new clothing and bedding items before use to remove any chemical residues.
- Opt for organic or natural fibers, as synthetic materials may contain chemical finishes.

8. Stress Management:

- Managing MCS can be very stressful as lack of disability accommodation, bias, and discrimination are experienced often, and exposures are not easy to avoid.
- Practice stress-reducing techniques such as deep breathing, meditation, or gentle exercises like yoga or tai chi.
- Engage in activities that bring you joy and relaxation, helping to mitigate symptoms associated with stress.

9. Seek Support:

- Connect with local or online support groups for individuals with MCS to share experiences, tips, and coping strategies.
- Consider consulting with healthcare professionals who specialize in environmental medicine or integrative medicine.

Remember, MCS triggers and symptoms can vary from person to person, so it's essential to find what works best for you. By implementing these tips and making adjustments to your lifestyle, you can better manage MCS symptoms and improve your overall well-being.

Note: This tip sheet is not a substitute for professional medical advice. Consult with a healthcare professional for personalized guidance and treatment options for your situation.