



# Multiple Chemical Sensitivity (MCS)

## Checklist for Managing Your Health

Empowering Community and Removal of Barriers (ECRoB) Project



### Plan Your Day:

- Schedule your basic needs, such as eating, drinking water, relaxing, exercising, and taking supplements.
- Make a to-do list and assign specific times for each task.
- Plan activities with potential triggers towards the end of your chores so that when you return home, you can shower, and put on clean clothes to reduce exposure.

### Take Care of Yourself:

- Accept that your day may not go as planned, and be patient with yourself.
- Focus on your basic needs: eat organic as much as possible, paying attention to eat foods you tolerate, rest whenever you need to, and try to have a regular sleep schedule.

### Before Going Out:

- Wear comfortable clothes and shoes.
- Use the restroom before leaving, as public toilets often have fragrances.
- Bring water, food, and anything else that helps reduce your symptoms.
- Keep emergency contact numbers easily accessible.

### Dealing with Delivery or Repair Personnel:

- Briefly explain your condition and request a convenient time for their visit.
- Ask them not to smoke or wear fragrances, or any scented products since you are allergic to them.
- If needed, open windows for ventilation.
- Request that products to be installed are off-gassed before installation.

### What to Do After Exposure:

- Leave the location immediately if you experience a reaction.
- Remove your clothes, wash them, shower, and put on clean clothes.
- Follow instructions from your environmental medicine specialist to relieve symptoms.

### Visiting or Having Company:

- Politely ask friends and relatives to avoid using scented or toxic products.
- Provide them with a list of cleaning and personal care products you can tolerate.
- Ensure they are smoke and fragrance-free before visiting or being visited.
- Open windows for ventilation, unless the outside air is polluted.
- Check for mould-free environments when visiting.
- If the indoor air quality is poor, go outside if possible. Otherwise, return home.



*Remember to keep this checklist accessible, such as on your fridge or within sight, so that you can refer to it easily.*

*This tipsheet is not a substitute for professional medical advice. Consult with a healthcare professional for personalized guidance and treatment options for your situation.*

Adapted from materials by the Environmental Health Association of Québec, Service aux collectivités de l'Université du Québec à Montréal, TÉLUQ (2012).