



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

## ECO-JOURNAL

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### Caring for MCS During Climate Change

Caring for Multiple Chemical Sensitivity (MCS) during climate change involves several strategies to mitigate increased exposure to environmental pollutants and extreme weather conditions that exacerbate symptoms. Here are some key approaches:

#### Reducing Outdoor Exposure

**Monitor Air Quality:** Stay informed about local air quality indices and avoid outdoor activities when pollution levels are high.

**Protective Gear:** Wear masks and protective clothing when venturing outside, particularly during high pollution periods or extreme weather events.

**Green Spaces:** Advocate for the creation and maintenance of green spaces that provide cleaner air and a refuge from urban pollution.

#### Climate-Resilient Housing

**Energy Efficiency:** Improve home insulation and energy efficiency to maintain a stable indoor climate without relying on chemical-laden products.

**Sustainable Materials:** Use non-toxic, sustainable building materials to minimize chemical exposure.

#### Scent-Free and Least Toxic Shelters

For individuals with MCS, especially during emergencies, it is crucial that shelters are designed to be scent-free and least toxic:



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**Scent-Free Policy:** Implement strict scent-free policies in shelters, prohibiting the use of perfumes, scented personal care products, and air fresheners.

**Non-Toxic Materials:** Ensure that shelters use non-toxic building materials and furnishings to minimize chemical exposure.

**Clean Air Measures:** Equip shelters with air purifiers and proper ventilation systems to maintain high air quality.

### Advocacy and Education

**Raise Awareness:** Educate the public and policymakers about the impacts of climate change on individuals with MCS and the importance of reducing chemical pollutants.

**Policy Change:** Advocate for stricter regulations on industrial emissions, pesticide use, and the manufacture of consumer products containing harmful chemicals.

### Emergency Preparedness

**Disaster Kits:** Prepare emergency kits that include non-toxic supplies and medications tailored to individuals with MCS.

**Evacuation Plans:** Develop evacuation plans that consider chemical exposure and provide access to clean air environments.

Addressing MCS during climate change requires a multi-faceted approach that includes improving indoor air quality, reducing outdoor exposure, advocating for safer environments, maintaining personal health, and ensuring shelters are scent-free and least toxic. By implementing these strategies, individuals with MCS can better manage their symptoms and improve their quality of life despite the challenges posed by a changing climate.