



## Checklist & Entry Agreement for Safe Entry into an MCS Household

**Date:** \_\_\_\_\_

**Name of Worker:** \_\_\_\_\_

**Position (Housekeeper, Technician, etc.):** \_\_\_\_\_

**Company (if applicable):** \_\_\_\_\_

**Purpose of Visit:** \_\_\_\_\_

**Instructions:** Please review and check each requirement. Compliance is essential to prevent severe health impacts for the resident with Multiple Chemical Sensitivity (MCS). This checklist outlines necessary steps and precautions to ensure a safe, accessible environment.

### Access Requirements for MCS-Safe Environment

For product selection, visit [EcoLivingGuide.ca](http://EcoLivingGuide.ca)

#### 1. Personal Care Products

- Avoid wearing perfume, cologne, or any scented body products (e.g., lotions, deodorants, hair products).
- Use only fragrance-free, hypoallergenic soaps and detergents on clothing (but not Tide-Free or Bounce-Free).
- Ensure freshly washed clothing is free from fabric softeners and dryer sheets.

#### 2. Clothing and Equipment

- Wear clean, scent-free clothing that has been laundered with fragrance-free detergent.
- Avoid carrying items with odors, such as recently used cleaning rags or scented tools.
- Ensure equipment is clean and free from chemical residues or fragrances.

#### 3. Health and Safety Precautions

Association pour la santé environnementale du Québec / Environmental Health Association of Québec (ASEQ-EHAQ)  
[office@aseq-ehaq.ca](mailto:office@aseq-ehaq.ca) | 1-514-332-4320 | [aseq-ehaq.ca](http://aseq-ehaq.ca) | [EcoLivingGuide.ca](http://EcoLivingGuide.ca)

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- Refrain from smoking or using tobacco products before or during the visit.
- Avoid recent application of hand sanitizers or antibacterial lotions containing fragrances.

#### 4. Cleaning Products and Tools

- Only use cleaning products provided by the homeowner, which are guaranteed safe for the MCS environment.
- Avoid bringing any cleaning agents, scented sprays, or chemical products into the home.

#### 5. Additional Precautions

*(Add your own according to individual needs)*

- Maintain minimal use of electronic devices that emit odors (if applicable).

### Understanding MCS and Compliance Importance

**Comparison with Allergies:** Similar to severe allergies, MCS causes adverse reactions to chemical exposures. Unlike common allergies, however, MCS reactions may not be immediate but can be debilitating and serious, and prolonged exposure can lead to chronic symptoms.

#### Health Implications of Non-Compliance:

- Failure to comply with these guidelines can cause respiratory distress, headaches, dizziness, nausea, and other severe reactions for the resident.
- Long-term exposure to even low levels of irritants may lead to significant health deterioration, making compliance essential.

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## Worker Agreement

By signing below, I confirm that I have reviewed and understand the requirements for safe entry into an MCS-sensitive environment. I agree to adhere to these precautions to the best of my ability and acknowledge the potential health impacts of non-compliance.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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