



Request for Volunteer Assistance

Here's a sample email or letter that someone with MCS might use to request assistance from a volunteer group, explaining their needs and accommodations for MCS:

Subject: Request for Volunteer Assistance and Important Accommodation Needs

Dear [Volunteer Coordinator's Name / Volunteer Team],

I hope this message finds you well. My name is [Your Name], and I am reaching out to request assistance with some essential tasks, including [grocery shopping, transportation to medical appointments, household chores, etc.]. I have Multiple Chemical Sensitivity (MCS), a medical condition that makes me extremely sensitive to common chemicals and fragrances, which can trigger severe health reactions. For someone with MCS, exposure to certain scents and chemicals can be as serious as an allergic reaction, but often with a wider range of triggers and symptoms. While some may experience allergies to specific substances, MCS involves heightened sensitivity to even low levels of chemicals that many people don't notice, like those in perfumes, cleaning products, and scented personal care items.

In order to safely receive assistance, I kindly ask for some specific accommodations to minimize my exposure to triggers. I understand these requests may require some adjustments regarding product choice, and I truly appreciate your understanding and support in respecting my health needs.

Here are a few ways volunteers can help accommodate my needs:

1. Fragrance-Free Personal Care Products

Please avoid wearing any scented products, such as perfumes, colognes, aftershave, scented deodorants, lotions, creams, or hair products. Even



small amounts of fragrance can cause symptoms such as headaches, respiratory distress, and nausea.

2. Fragrance-Free Clothing and Items

Please wear clothing that has been washed in fragrance-free detergent without fabric softener or dryer sheets. These items often carry strong scents that linger and can impact indoor air quality.

3. Use of Fragrance-Free Cleaning Products

If you'll be helping with household tasks, please use only fragrance-free, hypoallergenic cleaning products. If I have cleaning supplies available at my home, I would be grateful if you could use these to avoid any potential issues.

4. Vehicle Preparation for Transportation

For driving assistance, please ensure that the vehicle is free of air fresheners and has been aired out beforehand. Strong odours from cleaning products, air fresheners, or previous smoking can trigger MCS symptoms.

I realize these requests may be new, and I am more than happy to provide any guidance or answer questions to help make the process easier. Your understanding and willingness to accommodate these needs mean the world to me, as they allow me to safely access essential support.

Thank you very much for your time and consideration. I look forward to working together and appreciate your help in making these adjustments. Please let me know if there is anything further I can clarify.

Warm regards,

[Your Name]

[Your Contact Information]

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