



## Sample Letter to Doctor's Office/Hospital Requesting Accommodation

[Your Name]

[Your Address]

[City, Province, Postal Code]

[Email Address]

[Date]

[Recipient's Name or Office Manager]

[Doctor's Office or Hospital Name]

[Address]

[City, Province, Postal Code]

Dear [Recipient's Name or Office Manager],

I am reaching out to request specific accommodations for my visits to [Doctor's Office/Hospital Name] due to my condition, Multiple Chemical Sensitivity (MCS). MCS is a recognized disability that causes severe sensitivity to even low-level chemical exposures. Common triggers include fragrances, cleaning agents, and other everyday chemicals frequently present in healthcare settings. These exposures often lead to significant health reactions, such as respiratory distress, headaches, dizziness, nausea, and skin reactions.

Association pour la santé environnementale du Québec - Environmental Health Association of Québec (ASEQ-EHAQ)

[office@aseq-ehaq.ca](mailto:office@aseq-ehaq.ca) | 514-332-4320 | [aseq-ehaq.ca](http://aseq-ehaq.ca) | [EcoLivingGuide.ca](http://EcoLivingGuide.ca)

Canada

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MCS affects a notable portion of the population; studies indicate that self-reported sensitivities to chemicals range between 9-16% globally. In Canada, approximately 1.13 million individuals, or one in 34 people, have a medical diagnosis of MCS, of which 72% are women and 50% are over the age of 50 (Statistics Canada, 2020). Creating accessible environments for people with MCS is essential, especially in healthcare, where patients rely on safe and supportive spaces for medical care.

To ensure I can safely access healthcare services, I respectfully request the following accommodations during my visits:

1. **Fragrance-Free Policy Enforcement:** Please avoid the use of scented personal and cleaning products, and air fresheners on the days of my scheduled appointments. It would also be helpful if staff refrain from wearing scented products, and scent-free signage informs of this policy.
2. **Ventilation and Airing Out of Spaces:** Enhanced ventilation in exam rooms or pre-visit airing out of the spaces I will use can help reduce airborne chemical concentrations.
3. **Use of Low-VOC, fragrance-free Cleaning Products:** If cleaning is necessary, I kindly ask that fragrance-free, low-toxicity cleaning agents be used, as even residual scents from standard cleaning products can cause adverse reactions.

Thank you for considering these accommodations. They will make a meaningful difference in my ability to safely access necessary healthcare services. If you have any questions, please feel free to reach out—I am happy to discuss these requests or provide further information on MCS as needed.

References for providing accommodation, are below.

Warm regards,

\*\*[Your Name]\*\*

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Empowering Community and Removal of Barriers (ECRoB) Project**



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## Resources for Developing a Scent-Free Policy

Here are several resources that provide comprehensive guidance on implementing scent-free policies, understanding Multiple Chemical Sensitivity (MCS), and educating staff and visitors on the importance of a fragrance-free environment. These can help a center or organization create a safe and inclusive space for people with MCS.

### 1. Resources on MCS

-Link: [https://aseq-ehaq.ca/pdf/Resources\\_MCS.pdf](https://aseq-ehaq.ca/pdf/Resources_MCS.pdf)

### 2. The Empowering Community and Removal of Barriers (ECRoB) Project

The Empowering Community and Removal of Barriers (ECRoB) project aims to increase awareness and create accessible environments for individuals with Multiple Chemical Sensitivity (MCS) through education, advocacy, and partnerships. It focuses on building capacity within communities and organizations to support those with MCS by promoting inclusive policies, knowledge sharing, and sustainable practices that enhance accessibility and reduce exposure to harmful chemicals.

-Link: <https://aseq-ehaq.ca/en/ecrob/>

### 3. Canadian Centre for Occupational Health and Safety (CCOHS): Scent-Free Policy for the Workplace

This resource offers guidelines on creating and implementing scent-free policies in workplaces. It includes information on why scent-free policies are needed and tips for educating staff.

-Link: CCOHS Scent Free Policy Guidelines -

[https://www.ccohs.ca/oshanswers/hsprograms/scent\\_free.html](https://www.ccohs.ca/oshanswers/hsprograms/scent_free.html)

### 4. Canadian Human Rights Commission (CHRC): Environmental Sensitivities and Scent-Free Policies

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The CHRC provides a comprehensive guide on accommodating environmental sensitivities/Multiple Chemical Sensitivity, including the development of scent-free policies, as part of their commitment to human rights in the workplace and public spaces.

**-Link: CHRC Environmental Sensitivities Guide - <https://www.chrc-ccdp.gc.ca/en/resources/publications/environmental-sensitivities-and-scent-free-policies>)**

### **5. Environmental Health Association of Québec (ASEQ-EHAQ): Scent-Free Toolkit**

ASEQ-EHAQ offers a toolkit designed to help institutions implement fragrance-free policies. It includes a sample policy, educational materials, and signage templates to promote a fragrance-free environment.

**-Link: ASEQ-EHAQ Scent-Free Toolkit - <https://aseq-ehaq.ca/en/resources/fragrance/>**

### **6. Multiple Chemical Sensitivity: A Guide for Employers and Service Providers**

This guide provides insights into MCS, its symptoms, triggers, and the importance of fragrance-free policies in accommodating individuals with this medical condition.

**- Link: MCS Guide for Employers and Service Providers - <https://aseq-ehaq.ca/en/workplace-accommodation/>**

### **7. Scent-Free Zone Signs and Posters**

**ASEQ-EHAQ Signage Toolkit:** Includes printable posters and signs to indicate scent-free zones and educate visitors and staff.

**-Link: ASEQ-EHAQ Signage - <https://aseq-ehaq.ca/en/toolkit/>**

These resources will help a center or organization develop a comprehensive scent-free policy, educate staff and visitors, and implement fragrance-free practices to create a safe environment for people with MCS and fragrance sensitivities.

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