

HOW CAN YOU HELP?

- Choose fragrance-free products.
- Advocate for fragrance-free policies at work, school, and healthcare facilities.
- Support accessible housing and services for people with MCS.

Learn more. Visit <https://aseq-ehaq.ca> to find resources, stories, and ways to take action.



**Together, we can
build safer,
healthier, more
inclusive
environments.**



[HTTPS://ASEQ-EHAQ.CA](https://aseq-ehaq.ca)



L'ASSOCIATION POUR LA SANTÉ ENVIRONNEMENTALE DU QUÉBEC |
ENVIRONMENTAL HEALTH ASSOCIATION OF QUEBEC

Canada

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What is MCS?

**Multiple Chemical Sensitivity
(MCS)**

*A debilitating disability increasing in
prevalence in Canada*



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WHAT IS MULTIPLE CHEMICAL SENSITIVITY (MCS)?

MCS is a chronic medical condition where exposure to chemicals commonly found in conventional products triggers symptoms that affect multiple body systems. These chemicals are often found in:

- Fragrances and scented products
- Cleaning supplies and detergents
- Pesticides
- Building materials
- Smoke and vehicle exhaust

WHAT ARE THE SYMPTOMS OF MCS?

Symptoms vary widely between individuals and can include:

- Headaches or migraines
- Breathing difficulties or asthma-like symptoms
- Fatigue and brain fog
- Dizziness and nausea
- Skin irritation and rashes
- Muscle and joint pain

LIVING WITH MCS

People with MCS often have to avoid public spaces, workplaces, or even their own homes due to chemical exposures. This can lead to:

- Social isolation
- Employment challenges
- Barriers to healthcare, education, and services
- Housing insecurity

Accessible environments are essential to ensure people with MCS can fully participate in society.

MCS is recognized as a medical condition and disability in many countries, including Canada.

In Canada, over 1.13 million people are diagnosed with MCS (Statistics Canada, 2020). Data shows that the condition is increasing in prevalence (Statistics Canada, 2000-2020)

Symptoms often appear minutes to hours after exposure and can last for days.

