

Letter 1

Subject: Recognizing fragrance sensitivity, multiple chemical sensitivity - kindly continue this vital conversation

Dear [Name or Title of Recipient],

Thank you for your ongoing work to protect public health and advance accessibility in our communities. I am writing to encourage continued dialogue and action around fragrance sensitivity and multiple chemical sensitivity (MCS) - conditions recently recognized by the American Medical Association (AMA) as potentially disabling.

Fragrance-free policies are not matters of personal preference; they are essential accessibility measures that allow individuals with MCS to safely access healthcare, workplaces, and community services without exposure to harmful chemical triggers.

I urge your organization to continue engaging with this important issue by emphasizing:

- Recognition of MCS as a legitimate disability and public health concern;
- Implementation of fragrance-free policies in healthcare and public spaces;
- Awareness and training for staff on multiple chemical sensitivity; and
- Evidence-based decision-making guided by current medical findings.

Taking action on MCS ensures equity, inclusion, and safety for all. Thank you for your leadership and commitment to creating healthier, more accessible environments.

Sincerely,

[Name]

[City/Province]

(Optional: brief note on personal experience or why this issue matters to you)

Letter 2

Subject: Thank you for recognizing multiple chemical sensitivity - let's move toward fragrance-free accessibility

Dear [Name or Title of Recipient],

I am writing to thank you for acknowledging or engaging in discussion around fragrance sensitivity and multiple chemical sensitivity (MCS), and to encourage continued efforts toward practical, inclusive solutions.

In June 2025, the American Medical Association (AMA) formally recognized that environmental exposures, including fragrances, can substantially limit major life activities for individuals affected by MCS. This recognition underscores the urgent need for fragrance-free policies across healthcare, workplaces, and other essential environments.

Too often, people with MCS face daily barriers that limit their participation in society, barriers that are entirely preventable through awareness, education, and policy action. I encourage your organization to build on this momentum by exploring:

- The health and accessibility impacts of fragranced products;
- Strategies to develop or strengthen fragrance-free guidelines;
- Opportunities to educate staff and the public; and
- The broader human rights dimensions of environmental accessibility.

By addressing this issue with empathy and evidence, [Organization Name] can lead the way in improving health equity and environmental inclusion for all Canadians.

Thank you for your attention to this vital matter and for your ongoing commitment to accessibility and public health.

Warm regards,

[Name]

[City/Province]

(Optional: brief personal statement or lived experience)