






What is MCS?

Multiple Chemical Sensitivity is a disability increasing in prevalence in Canada

What is 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**

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 of MCS

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

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

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

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

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

Visit aseq-ehaq.ca to find resources, stories, and ways to take action.

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

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