

Regional Action Pack for Members – Québec Elections 2026

Dear members,

The Quebec general election will take place on 5 October 2026. During this campaign, ASEQ-EHAQ is calling on the main political parties to make five concrete commitments to improve accessibility for people living with multiple chemical sensitivity (MCS).

We need your help to raise awareness of these demands across all regions of Quebec. A local, respectful and non-partisan approach can help candidates understand that MCS affects real people in their own constituencies.

We invite you to write to the candidates in your constituency once their candidacies have been confirmed and to ask them the same questions, without endorsing or attacking any party.

What we are asking you to do

- Identify your constituency and the candidates standing there.
- Send the same short message to all the main candidates in your constituency.
- Attach or link to ASEQ-EHAQ's 'Élections Québec 2026' page and the five commitments.
- Ask for a written response and, if you wish, a brief meeting.
- Forward any replies you receive to ASEQ-EHAQ so that we can document the commitments in a consistent manner.
- Do not state that ASEQ-EHAQ supports or opposes any party or candidate.
- Do not incur any expenditure on behalf of ASEQ-EHAQ and do not pay to promote or disseminate the message without prior authorization.

Sample letter to candidates

Subject: Multiple chemical sensitivity and accessibility – Élections Québec 2026

Dear [Name],

I am writing to you as a resident of [constituency] regarding multiple chemical sensitivity (MCS) and the accessibility barriers faced by those affected.

ASEQ-EHAQ has asked political parties to make five commitments regarding: 1) a Quebec action plan on MCS; 2) accessible healthcare; 3) accessible, healthy and affordable housing; 4) Source control and more accessible indoor environments; and 5) data, research, training and socio-economic inclusion.

If you are elected, will you support measures in these five areas and agree to meet with ASEQ-EHAQ and people living with MCS in order to advance these issues?

Thank you for sending me your written response. I will forward it to ASEQ-EHAQ to assist with its non-partisan monitoring of election commitments.

Yours faithfully,

[Name]

[Municipality / constituency]

If you meet a candidate: three key messages

- MCS is about accessibility: avoidable exposure can prevent access to healthcare, housing, work and services.
- Source control and reasonable accommodation must go hand in hand: we must prevent avoidable exposure whilst ensuring access for those already affected.
- We are calling for concrete commitments and a dialogue after the election, not a general statement of support.

Report to ASEQ-EHAQ

Constituency: _____

Candidate/party: _____

Date of contact: _____

Response received: Yes / No

Summary or copy of the response: _____

Follow-up required: _____