

Welcome to our August release of “**Eco-Bulletin!**”

We are excited to share a new study on multiple chemical sensitivity (MCS) titled "[*The Impacts of COVID-19 Health Measures on the Quality of Life of Adults with Multiple Chemical Sensitivity*](#)". This research delves into how the pandemic's health measures have affected those living with MCS.

Key insights include:

- **Challenges Faced:** Understanding the specific difficulties encountered by MCS sufferers during the pandemic, such as increased isolation, limited access to safe public spaces, and a decrease in stigma for wearing personal protective equipment.
- **Adaptation Strategies:** How individuals with MCS have adapted to health measures while managing their sensitivities, including changes to daily routines and reliance on virtual communication.
- **Recommendations:** Practical suggestions for improving support systems and creating safer environments for those with MCS, emphasizing the need for greater awareness and accommodation in public health policies.

Read the full study [here](#) to gain a deeper understanding of the experiences and needs of the MCS community during these unprecedented times.

You can also learn more about essential disinfection guidelines tailored for individuals with MCS [here](#). Highlights include detailed recommendations for safe disinfection, a [downloadable poster](#) summarizing key points for public display, and a [template support letter](#) for advocating MCS-friendly practices to local authorities. Please share these resources widely to help promote safer environments for all.



As always, we invite you to share your experiences for our "[Your Story, Your Power](#)" [section](#), submit articles for our blog, [Eco Empowerment](#), or share resources related to multiple chemical sensitivity and environmental awareness in your province if you so please.

Do you have Multiple Chemical Sensitivity (MCS)? Your experiences are invaluable to us! Please take a few moments to [complete our survey](#) and help us better understand and support the MCS community. If you don't have MCS, your feedback is still important to us. Please take a moment to fill out [this survey](#) and share your thoughts.

Feel free to [join the EHAC-ASEC](#) and become part of a passionate community of over 2,000 citizens dedicated to protecting human health and the environment. Please [contact us](#) if you have any further requests or inquiries!

Thank you for viewing our August Newsletter. Looking forward to hearing from you soon!