

### **Living Well with MCS: Everyday Strategies for a Safer, Healthier Life**

*Insights from the Empowering Community and Removing Barriers (ECRoB) Project*

For people living with Multiple Chemical Sensitivity (MCS), even routine activities can require careful preparation. From managing household visits to navigating public spaces, the path to wellness often starts with small, proactive steps.

Through the ECRoB Project, we've gathered practical strategies that can support individuals with MCS in reclaiming control over their day, —while protecting their health and preserving energy for the things that matter most.

### **Start Your Day with a Foundation of Care**

Build a routine that centers your needs. A little structure can go a long way in reducing stress and exposure:

- Prioritize your well-being by carving out time for meals, hydration, rest, and gentle movement.
- Write down what you hope to accomplish and be flexible with your plans -some days will shift, and that's okay.
- Before visiting an establishment, inform them of your disability in writing and request a scent-free environment. When possible, choose a time of day that best supports your needs — early mornings are often ideal. Be sure to wear an appropriate mask for added protection. If your access needs were not accommodated, follow up with a written letter outlining what occurred and the symptoms you experienced. After your visit, remember to shower and rest to help reduce the effects of exposure and remove any lingering chemicals.

### **Protect Your Health in Public Spaces**



Going out into the world can be unpredictable, but preparation helps.

- Choose comfortable, breathable clothing and supportive footwear.
- Carry your essentials - snacks, water, and any tools that help manage your symptoms.
- Before you leave, use the washroom at home to avoid the scents often found in public restrooms.
- Keep emergency contacts easily accessible, just in case.

### **Navigating Service Visits at Home**

Whether it's a plumber or a package delivery, interactions at home can present hidden risks.

- Clearly explain your health condition.
- Request fragrance-free visits and ask that workers avoid using scented products or bringing in items that emanate scents or other chemicals.
- Always ventilate the space before and after, and plan recovery time after the visit.

### **After Exposure: Reset and Restore**

If a reaction occurs, it's essential to act quickly.

- Leave the triggering environment as soon as you can.
- Change out of exposed clothing, take a shower, and switch to clean, safe clothes.
- Follow any health protocols provided by your environmental health specialist to ease symptoms and support your recovery.

### **A Gentle Reminder**

Caring for yourself with MCS isn't about doing more - it's about doing what's right for you. Keep your strategies close at hand, whether it's a note on the fridge or a list in



your phone. With the proper support, you can reduce barriers and reclaim your sense of safety and freedom.

For more information, feel free to check out the [MCS Checklist for Managing your Health.](#)