



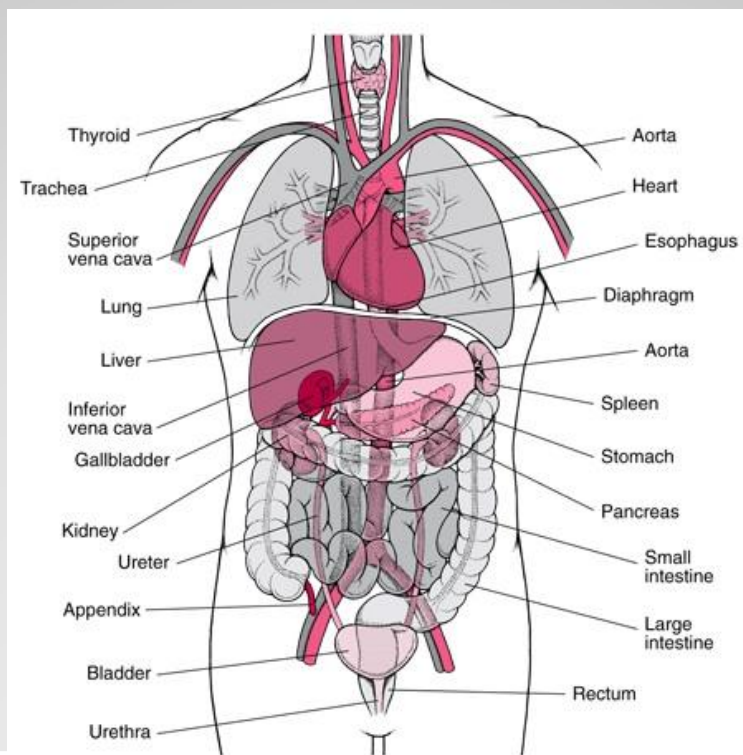
Making Our World Safer for People with Multiple Chemical Sensitivity (MCS)

Presented by the MCS Project, Boston Self Help Center
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What is MCS?

Multiple Chemical Sensitivity – a medical condition that involves extreme physical reactions to common chemicals

Common chemical



Sore throat

Migraine

Seizure

Anaphylactic shock

Or other physical reactions

Who gets MCS?



Anyone can!

Certain populations
– like children,
women, and the
elderly – are more
vulnerable.

How do you get MCS?

One severe exposure to toxic chemicals



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A series of low-level exposures



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Where are these chemicals?

All around us!



Why are these chemicals so dangerous?



- Made from petroleum
- Banned by the government
- Listed as hazardous waste

Why are these chemicals in my house and workplace?

- Trade-secret laws are used to hide ingredients
- Most chemicals are not tested for safety
- FDA regulations are not enforced



An hourglass with a wooden frame and a blue banner across the top. The hourglass is made of clear glass and is filled with light-colored sand. The wooden frame has four vertical legs and a circular top and bottom. The banner is blue with a white border and contains the text "Change can be gradual" in white. The hourglass is positioned on the left side of the slide, and the banner is positioned horizontally across the top.

Change can be gradual

- Replace products one by one
- Reduce use of toxic products little by little

If switching to safer products feels hard, start by just buying a fragrance-free hand soap.



Language to look for

Fragrance free

Hypoallergenic

No perfume or dyes

Beware of the term "natural."

"Green" is not necessarily safe.



Fragrance-free laundry soap is readily available at major retail chains.



Integrated pest management (IPM)
and organic pest management
(OPM) emphasize **PREVENTION** of
pest infestations.

