



Association pour la santé environnementale du Québec  
Environmental Health Association of Québec

## POLICY TO ATTEND ASEQ-EHAQ MEETINGS

**It is imperative – People attending our meetings must be fragrance and smoke-free**

Many of our members suffer serious, debilitating symptoms on exposure to low levels of chemicals and other agents such as mould and electromagnetic fields. These people suffer from Environmental Sensitivities, which include Multiple Chemical Sensitivity (MCS) and Electromagnetic Hypersensitivity (EHS).

The term 'sensitivity' does not adequately describe the many painful and varied symptoms that cause sufferers to become sick and often disabled upon exposure to very low levels of incitants. The [Canadian Human Rights Commission](#) recognizes environmental sensitivity as a medical condition and as a disability, and that sufferers are entitled to protection of the *Canadian Human Rights Act*, which prohibits discrimination on the basis of disability. This disability is required to be accommodated like any other disability.

According to Statistics Canada (2016), 3.2% of the population, or 1,008,400 persons have a medical diagnosis of MCS. According to experts in the field that the numbers are actually much higher. Most people who developed this condition were once active and productive. Many can identify the chemical, pesticide or event that triggered this condition.

**Association pour la santé environnementale du Québec / Environmental Health Association of Québec  
(ASEQ-EHAQ)**

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Meeting places that are suitable are very hard to come by. In order that participants in a meeting can be involved and be part of society without being harmed from personal care products or devices, the following must be observed:

**Please, be fragrance-free.**

We are open to questions you may have about the process for change. Becoming a fragrance-free household will surely benefit your health and the health of your family.

For tips and recommendations on how to be fragrance-free, please read the following documents at:

[www.aseq-ehaq.ca/fragrance](http://www.aseq-ehaq.ca/fragrance)

[Tips on how to choose healthy products](#)

[Recommended fragrance-free products](#)

[Resources for fragrance-free information](#)

**Please turn your cell phone or any other wireless or emitting device to airplane mode and then turn it off before entering the meeting room.**

**For more information, please visit:**

[How to cope with EHS](#)

Thank you!

**The administration of ASEQ-EHAQ**