

Living with Multiple Chemical Sensitivity

People with Multiple Chemical Sensitivity (MCS) develop symptoms when exposed to low levels of chemicals that are common in everyday life. There are many ways to reduce exposures and improve the health and quality of life of people with MCS.



Chemical-free zone: Sign erected by local council to remind spray gangs not to spray herbicides near property of MCS family. *Photo: Bernie Crumpler*



Reading Box A glass and aluminium reading box can enable someone sensitive to inks, chemicals in paper and/or fragrances left on the book by other readers to read a library book. The library book is sealed inside, held in place with masking tape along one edge of the plastic cover. Pages are turned with the rod. *Photo: AESSRA*



Foil-taped plaster cast: The strong smell of my plaster cast left me with nausea and stomach ache so I covered it with aluminium foil tape. *Photo: Lynne Roberts*



Our chemical-free home - lounge room House built from all natural materials: hardwood, clay brick, ceramic tiles affixed to concrete slab with mortar, cotton upholstery and wadding. *Photo: Bernie Crumpler*

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