[**molloy@frontiernet.net**](mailto:molloy@frontiernet.net)

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Dear Colleagues,

As of August 16, 2013, the "Tool Kit" below has been added to the website of the National Council on Independent Living. Our aim is to familiarize people within the Disability Rights movement with some basic access and safety requirements for people facing chemical, electrical, and other environmental health barriers.

The Tool Kit is a project of NCIL's Civil Rights Committee, Environmental Health Barriers Task Force.

Susan Molloy, Task Force Co-Chair

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www.ncil.org, ncil@ncil.org

**NCIL Environmental Health Barriers Toolkit**

This Tool Kit is a work in progress because the field is changing so rapidly – we look forward to your suggestions.

Disclaimer: These links and pointers are provided for the visitor’s convenience. The National Council on Independent Living (NCIL) does not control or guarantee the accessibility, accuracy, relevance, timeliness, or completeness of this outside information. Further, the inclusion of links or pointers to particular items in hypertext is not intended to reflect their importance, nor is it intended to endorse any views expressed, or products or services offered, on these outside sites, or the organizations sponsoring the sites.

* [About MCS – Description](http://www.ncil.org/wp-content/uploads/2013/08/AboutMCS2013.pdf) (PDF or [plain text](http://www.ncil.org/wp-content/uploads/2013/08/AboutMCS2013.txt))
* [Pamphlet: Fragrance-Free Encounters / No-Fragrance Spaces - Not just a personal preference, but a Vital Matter of Health](http://www.ncil.org/wp-content/uploads/2013/08/EI-MCSPamphlet.pdf) (PDF or [plain text](http://www.ncil.org/wp-content/uploads/2013/08/EI-MCSPamphlet.txt))
* [How to Be Accessible for An MCS Needs Review](http://www.ncil.org/wp-content/uploads/2013/08/How-to-Be-Accessible-for-An-MCS-Needs-Review.pdf) (PDF or [plain text](http://www.ncil.org/wp-content/uploads/2013/08/How-to-Be-Accessible-for-An-MCS-Needs-Review.txt))
* [Slideshow: IL Conversation on Chemical Sensitivities](http://www.ncil.org/wp-content/uploads/2013/08/ILConversation-ChemicalSensitivities.pdf) (PDF or [plain text](http://www.ncil.org/wp-content/uploads/2013/08/ILConversation-ChemicalSensitivities.txt))

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**Accommodating CIL consumers and staff with disabilities from chemical, electrical and other environmental sensitivities**

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* [Ten Things Centers for Independent Living Can Do to Become More Accessible and Inclusive to People with MCS](http://xa.yimg.com/kq/groups/19403660/1683401853/name/Ten) (2011), by Darryl Lynn Jones, ILRU
* [Understanding & Accommodating People with Multiple Chemical Sensitivity in Independent Living](http://www.ilru.org/html/projects/ilnet/ilnet_bookshelf.htm) (2002)
* NCIL Resolution: [Advocacy Regarding Multiple Chemical Sensitivities, Electrical Sensitivities, Environmental Illness](http://www.advocacymonitor.com/ncil-resolution/advocacy-regarding-multiple-chemical-sensitivities-electrical-sensitivities-environmental-illness-resolution/) (2002)
* [Services Requested and Received by Consumers with Chemical Sensitivities at the Centers for Independent Living](http://www.dsq-sds.org/article/view/923/1098) (2009): co-authored by James Madison University Professor Pamela Reed Gibson and published in the peer-reviewed journal Disability and Society
* [Pioneering access for persons with environmental sensitivities: An interview with Susan Molloy](http://www.rds.hawaii.edu/downloads/issues/pdf/RDSv06iss02.pdf) (2010): co-authored by Dr. Pamela Reed Gibson and published in the peer-reviewed journal Review of Disability Studies / University of Hawaii

**Advocacy, Educational and Support Groups**

* [The Chemical Sensitivity Foundation](http://www.chemicalsensitivityfoundation.org/)
* [American Academy of Environmental Medicine](http://aaemonline.org/)
* [Cellular Phone Task Force](http://www.cellphonetaskforce.org/)
* [Chemical Injury Information Network](http://ciin.org/)
* [Chemical Sensitivity Foundation](http://www.chemicalsensitivityfoundation.org/)
* [Electrical Pollution Solutions](http://www.electricalpollution.com/) (Catherine Kleiber’s website)
* [Environmental Health Association of Ontario](http://www.ehaontario.ca/index.htm)
* [Environmental Health Network, California](http://ehnca.org/) / [Barb Wilkie’s Homepage](http://users.lmi.net/wilworks/)
* [The EMR Policy Institute](http://www.emrpolicy.org/)
* [Green Canary Yahoo Group](http://groups.yahoo.com/group/GreenCanary)
* [Human Ecology Action League](http://www.healnatl.org/) (HEAL)
* [Immune](http://immuneweb.org/lists/immune.html)
* [International Electro-Magnetic Fields Alliance](http://international-emf-alliance.org/) (IEMFA)
* [National Center for Environmental Health Strategies, Inc.](http://www.ncehs.org/) (NCEHS)
* [Re|shelter](https://reshelter.org/)

**Commercial and public building disability access in for people with chemical, electrical, and other environmental sensitivities**

* [Cleaner Air Symbol and Language by the Division of the State Architect (DSA) of the State of California](http://www.documents.dgs.ca.gov/dsa/pubs/cleanerair_factsheet.pdf)
* [National Institute of Building Sciences’ (NIBS) IEQ Indoor Environmental Quality Report](http://access-board.devis.com/research/completed-research/indoor-environmental-quality): Explains how commercial and public buildings can be constructed and maintained in a manner that will allow access for people with MCS and electromagnetic sensitivities (funded by the US Access Board and available on the Access Board’s website).

**Electromagnetic Hypersensitivity and Radio Frequency Illness**

* [Dr. Magda Havas’ website](http://www.magdahavas.com/about-this-site/) addresses how electromagnetic fields and wireless communication technologies can be harmful to people with disabilities that involve chemical sensitivities
* [Electromagnetic and Radiofrequency Fields Effect on Human Health](http://aaemonline.org/emf_rf_position.html): American Academy of Environmental Medicine (AAEM) Position Paper
* [electricalpollution.com](http://www.electricalpollution.com/)
* [Transmitting Smart Meters Pose A Serious Threat To Public Health](http://www.electricalpollution.com/smartmeters.html)
* [Stop Smart Meters!](http://stopsmartmeters.org/how-you-can-stop-smart-meters/)

**Employment**

* [Fragrance in the workplace: What managers need to know](http://www.aabri.com/manuscripts/09244.pdf) (PDF): Journal of Management and Marketing Research
* [Fragrance Free in the Workplace Webinar](http://www.womenforahealthyenvironment.org/pages/fragrance-free-day) by Women for a Healthy Environment
* [Job Accommodation Network](http://askjan.org/) (JAN): JAN is one of several services provided by the U.S. Department of Labor’s Office of Disability Employment Policy (ODEP). See the following JAN articles:
* Accommodation and Compliance Series: [Employees with Epilepsy](http://askjan.org/media/epil.htm) (see “Accommodation Ideas” category for photosensitivity)
* Accommodation and Compliance Series: [Employees with Lupus](http://askjan.org/media/Lupus.html) (see “Accommodation Ideas” categories including photosensitivity, respiratory difficulties, and skin irritations)
* [Accommodation Ideas for Multiple Chemical Sensitivity or Environmental Illness](http://askjan.org/media/chem.htm)
* [Accommodation Ideas for Respiratory Disorders](http://askjan.org/media/resp.htm)
* [Telecommuting / Telework / Work at Home](http://askjan.org/topics/telework.htm)
* Accommodation and Compliance Series: [Employees with Fragrance Sensitivity](http://askjan.org/media/fragrance.html)
* [Recommendations for Developing a Scent-Free Policy for the Workplace](http://www.lung.ca/_resources/DevelopingaScentfreePolicyforaWorkplace.pdf), from Canada’s Lung Association
* [What You Can Do](http://www.davidsuzuki.org/what-you-can-do/green-your-workplace/go-fragrance-free/) – Green Your Workplace webpage about how to go fragrance free in homes and workplaces by the David Suzuki Foundation in partnership with the Canadian Lung Association

Note: also see the category titled, “Fragrance-free policies and guidelines and other policies and guidelines that address environmental health barriers”

**Fragrance-free Policies and Guidelines**

* [Scent-Free Policy](http://www.aohc.org/index.php?ci_id=3325&la_id=1): Association of Ontario Health Centres
* [Fragrance Free Implementation Kit for Health Care Facilities](http://www.greenhealthcare.ca/images/projects/FragranceFreeImplementationKit.pdf) (PDF): Canadian Coalition for Green Health Care
* [Recommendations For Developing a Scent-Free Policy for the Workplace](http://www.lung.ca/_resources/DevelopingaScentfreePolicyforaWorkplace.pdf): Canada’s Lung Association
* [Scent Free policy and procedure](http://policy.nshealth.ca/Site_Published/DHA9/document_render.aspx?documentRender.IdType=6&documentRender.GenericField=&documentRender.Id=5117): Capital Health
* [Green Your Workplace, Go Fragrance-Free](http://www.davidsuzuki.org/what-you-can-do/green-your-workplace/go-fragrance-free/): David Suzuki Foundation in partnership with the Canadian Lung Association
* [Scent-free workplace policy](http://www.ehaontario.ca/HR-VII-1501.pdf) (PDF): David Thompson Health Region
* [Three Steps to Organizing a Fragrance Free Event](http://dualpowerproductions.com/2011/03/26/organizing-a-fragrance-free-event/): Dual Powers Productions
* [Policy on Air Quality](http://www.evergreen.edu/policies/policy/airquality): Evergreen State College
* [Accommodation and Compliance Series: Employees with Fragrance Sensitivity](http://askjan.org/media/fragrance.html): Job Accommodation Network (JAN)

Click sample policy language to see examples of fragrance-free workplace policy statements. JAN is one of several services provided by the U.S. Department of Labor’s Office of Disability Employment Policy (ODEP).

* [Fragrance in the workplace: what managers need to know](http://www.aabri.com/manuscripts/09244.pdf) (PDF): Journal of Management and Marketing Research
* [NCIL Statement on Fragrance-Free Events](http://www.ncil.org/about-the-ncil-annual-conference-subcommittee/)
* [Southwest public health district fragrance-free, tobacco-free statement](http://rtn.darton.edu/phirn/news/fragrance-free_tobacco-free.pdf) (PDF)
* [Guidelines on the Use of Perfumes and Scented Products](http://www.utsc.utoronto.ca/~ability/resources_moretips_scent.html): University of Toronto
* [Fragrance Free in the Workplace Webinar](http://www.womenforahealthyenvironment.org/pages/fragrance-free-day): Women for a Healthy Environment
* [Fragrance-free Policy](http://www.greenhealthcare.ca/images/publications/WCHFFS_Staff_Orientation_final.pdf) (PDF) Women’s College Hospital, University of Toronto, Staff Orientation

**Fragrance-free Products**

* [List of some fragrance free products](http://www.takebacktheair.com/pdf/FragranceFreeProducts.pdf)
* [Guide to Less Toxic Products](http://www.lesstoxicguide.ca/index.asp?fetch=personal): Environmental Health Association of Nova Scotia

To find many fragrance free cosmetics and personal care products, do a Ctrl-F search for fragrance free

* [Product Sources](http://www.mcsresearch.net/Products.pdf) (PDF), from Dr. Gibson’s book Multiple Chemical Sensitivity: A Survival Guide (2006)

**Health Care**

* [Scent-Free Policy](http://www.aohc.org/index.php?ci_id=3325&la_id=1): Association of Ontario Health Centres
* [Air Quality and Accessibility in Health Care; Why Aren’t All Health Care Providers Fragrance-Free?](https://lindasepp.wordpress.com/2012/05/13/air-quality-and-accessibility-in-health-care-why-arent-all-health-care-providers-fragrance-free/) (Linda Sepp’s blog)
* [Fragrance Free Implementation Kit for Health Care Facilities](http://www.greenhealthcare.ca/images/projects/FragranceFreeImplementationKit.pdf): Canadian Coalition for Green Health Care
* [Scent Free policy and procedure](http://policy.nshealth.ca/Site_Published/DHA9/document_render.aspx?documentRender.IdType=6&documentRender.GenericField=&documentRender.Id=5117): Capital Health
* [Hospital stays and protocols for people with MCS and other disabilities that involve environmental sensitivities](http://www.mcscanadian.org/medical/hospital-stays-and-protocols.html)
* [Scent free Hospital](http://www.ehaontario.ca/HR-VII-1501.pdf) (PDF): David Thompson Health Region

**Housing**

* [NCIL Position Paper: Housing](http://www.advocacymonitor.com/housing-transportation-policy/ncil-position-paper-housing/) (2013)
* [Overview of NCIL Policy on Housing & Transportation](http://www.advocacymonitor.com/housing-transportation-policy/) includes the following:

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* [Re|shelter](https://reshelter.org/)
* [Affordable rental houses near Snowflake, AZ for people with moderate chemical and electrical sensitivities and mobility impairments](http://www.eiwellspring.org/multiunit/AZPublicHousingProject.htm)
* [Ecology House](http://www.tikvah.com/cc/eh/), 11-unit HUD-funded apartment complex in San Rafael, CA for people with moderate chemical sensitivities, mobility impairments
* [E.I. Wellspring](http://www.eiwellspring.org/)
* [Environmental Sensitivities and Housing](http://www.equalityrights.org/cera/?page_id=674) web page: Canada’s Centre for Equality Rights in Accommodation (CERA)
* [Homes for People with Multiple Chemical Sensitivities](http://www.eolss.net/Sample-Chapters/C15/E1-32-03-04.pdf) (PDF), J. Wasley, Department of Architecture, University of Wisconsin-Milwaukee
* [MCS Issues and Pre-Existing Dwellings](http://www.mcscanadian.org/pdf/PreExistingDwellingsJuly2006.pdf) (PDF) (2006)
* [The State of Housing in America in the 21st Century: A Disability Perspective](http://www.ncd.gov/publications/2010/Jan192010): 2010 National Council on Disability (NCD) Report includes the following:

Environmental Sensitivities: About 11 percent of the U.S. population has some level of chemical sensitivity (CS) that is likely to require housing that is free of disabling environmental triggers. Unless housing is universally designed to accommodate different sensitivities, it is better for some with CS to live in segregated housing that ensures control over potential exposures.

**Hotel, Motel & Lodging Suggestions**

* [Safe Travel Directory](http://www.safertraveldirectory.com/)

Things to ask about when choosing lodging:

* Use air fresheners in the guest room, restroom or air handling system for the facility
* Use of landscaping chemicals, i.e., fertilizers, bug sprays, etc.
* Operable windows for ventilation in guest room or meeting rooms.
* Recent remodeling, major maintenance or redecorating in guest rooms, meeting rooms or path of travel
* Indoor chemical treatments in water features, fountains and swimming pools.
* Unscented staff
* Cotton, silk or natural fibers for linen
* Kind of laundry products used on linens, including fabric softeners
* Check for mold in rooms
* Check neighborhood for industrial or traffic pollutants
* If they allow pets, have they used flea bombs or insecticides recently
* Possibility of cigarette smoke exposure
* Fluorescent lights in meeting rooms and Compact Fluorescent CFS) light bulbs in guest room lighting.
* Halogen lights
* Proximity to cell phone towers
* Best to have guest room not facing or near the ventilation systems, generators, elevator motors, satellite dishes, WIFI and, cell phone transmitters. Typically this would be outside your window or the top floors of the building.
* Chose a room away from loading zones and other places where people leave vehicles running for periods of time.

**Resource Lists**

* [Dr. Ann McCampbell’s collection of links to resources](http://annmccampbell.com/resourceslinks/) that “provide much valuable information relevant to chemical sensitivity and environmentally related illnesses”
* [Resources and links from the Multiple Chemical Sensitivity Research webpage](http://www.mcsresearch.net/resources&links.html) at James Madison University

**Miscellaneous**

* [Multiple Chemical Sensitivities Information Page](http://askwaltstollmd.com/archives/mcs/274817.html): Documents from the MCS / CFIDS “Library” are provided as a service by S. Wachsler and MCS Chat Group for informational or entertainment purposes only. No document is intended to take the place of medical, legal, or other professional advice. You are urged to always check references and do your own research on any product, company, treatment, or service mentioned therein. The opinions contained in a document are those of the author(s) and do not represent the opinions of S. Wachsler, R.D. Font, or MassCFIDS
* James Madison University Professor [Pamela Reed Gibson’s journal articles](http://www.mcsresearch.net/papers.htm)
* [Chemical and electromagnetic exposures as disability barriers: Environmental sensitivity](http://www.mcsresearch.net/journalpapers/chemicalbarriers.pdf) (PDF), which was published in Disability and Society (2009)
* Gibson, P.R. (2010). Of the world but not in it: Barriers to community access and education for persons with environmental sensitivities: Health Care for Women International, 31(1). Read the [preprint](http://www.mcsresearch.net/journalpapers/access&barriersgibson.pdf) (PDF) of this article
* [Guidelines to Accommodate Students and Staff with Environmental Sensitivities: A Guide for Schools](http://www.casle.ca/ArticleDetail/tabid/77/smid/413/ArticleID/151/reftab/56/Default.aspx): (2010), by Nancy Bradshaw of Women’s College Hospital Environmental Health Clinic and Karen Robinson of Canadians for A Safe Learning Environment (CASLE)
* [Multiple Chemical Sensitivities Under Siege](http://www.casle.ca/ArticleDetail/tabid/77/smid/413/ArticleID/151/reftab/56/Default.aspx), Ann McCampbell, MD Chair, Multiple Chemical Sensitivities Task Force of New Mexico
* The EI Wellspring: [Practical Tips for Coping with Chemical and Electrical Hypersensitivity, Housing, access to public places](http://www.eiwellspring.org/)
* [Letter about the health hazards of smart meters and electromagnetic sensitivity](http://maisonsaine.ca/smart-meters-correcting-the-gross-misinformation/) by “a group of scientists and health professionals who together have coauthored hundreds of peer-reviewed studies on the health effects of electromagnetic fields (EMFs).”

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To

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* [Understanding & Accommodating People with Multiple Chemical Sensitivity in Independent Living](http://www.ilru.org/html/projects/ilnet/ilnet_bookshelf.htm) (2002)
* NCIL Resolution: [Advocacy Regarding Multiple Chemical Sensitivities, Electrical Sensitivities, Environmental Illness](http://www.advocacymonitor.com/ncil-resolution/advocacy-regarding-multiple-chemical-sensitivities-electrical-sensitivities-environmental-illness-resolution/) (2002)
* [Services Requested and Received by Consumers with Chemical Sensitivities at the Centers for Independent Living](http://www.dsq-sds.org/article/view/923/1098) (2009): co-authored by James Madison University Professor Pamela Reed Gibson and published in the peer-reviewed journal Disability and Society
* [Pioneering access for persons with environmental sensitivities: An interview with Susan Molloy](http://www.rds.hawaii.edu/downloads/issues/pdf/RDSv06iss02.pdf) (2010): co-authored by Dr. Pamela Reed Gibson and published in the peer-reviewed journal Review of Disability Studies / University of Hawaii

**Advocacy, Educational and Support Groups**

* [The Chemical Sensitivity Foundation](http://www.chemicalsensitivityfoundation.org/)
* [American Academy of Environmental Medicine](http://aaemonline.org/)
* [Cellular Phone Task Force](http://www.cellphonetaskforce.org/)
* [Chemical Injury Information Network](http://ciin.org/)
* [Chemical Sensitivity Foundation](http://www.chemicalsensitivityfoundation.org/)
* [Electrical Pollution Solutions](http://www.electricalpollution.com/) (Catherine Kleiber’s website)
* [Environmental Health Association of Ontario](http://www.ehaontario.ca/index.htm)
* [Environmental Health Network, California](http://ehnca.org/) / [Barb Wilkie’s Homepage](http://users.lmi.net/wilworks/)
* [The EMR Policy Institute](http://www.emrpolicy.org/)
* [Green Canary Yahoo Group](http://groups.yahoo.com/group/GreenCanary)
* [Human Ecology Action League](http://www.healnatl.org/) (HEAL)
* [Immune](http://immuneweb.org/lists/immune.html)
* [International Electro-Magnetic Fields Alliance](http://international-emf-alliance.org/) (IEMFA)
* [National Center for Environmental Health Strategies, Inc.](http://www.ncehs.org/) (NCEHS)
* [Re|shelter](https://reshelter.org/)

**Commercial and public building disability access in for people with chemical, electrical, and other environmental sensitivities**

* [Cleaner Air Symbol and Language by the Division of the State Architect (DSA) of the State of California](http://www.documents.dgs.ca.gov/dsa/pubs/cleanerair_factsheet.pdf)
* [National Institute of Building Sciences’ (NIBS) IEQ Indoor Environmental Quality Report](http://access-board.devis.com/research/completed-research/indoor-environmental-quality): Explains how commercial and public buildings can be constructed and maintained in a manner that will allow access for people with MCS and electromagnetic sensitivities (funded by the US Access Board and available on the Access Board’s website).

**Electromagnetic Hypersensitivity and Radio Frequency Illness**

* [Dr. Magda Havas’ website](http://www.magdahavas.com/about-this-site/) addresses how electromagnetic fields and wireless communication technologies can be harmful to people with disabilities that involve chemical sensitivities
* [Electromagnetic and Radiofrequency Fields Effect on Human Health](http://aaemonline.org/emf_rf_position.html): American Academy of Environmental Medicine (AAEM) Position Paper
* [electricalpollution.com](http://www.electricalpollution.com/)
* [Transmitting Smart Meters Pose A Serious Threat To Public Health](http://www.electricalpollution.com/smartmeters.html)
* [Stop Smart Meters!](http://stopsmartmeters.org/how-you-can-stop-smart-meters/)

**Employment**

* [Fragrance in the workplace: What managers need to know](http://www.aabri.com/manuscripts/09244.pdf) (PDF): Journal of Management and Marketing Research
* [Fragrance Free in the Workplace Webinar](http://www.womenforahealthyenvironment.org/pages/fragrance-free-day) by Women for a Healthy Environment
* [Job Accommodation Network](http://askjan.org/) (JAN): JAN is one of several services provided by the U.S. Department of Labor’s Office of Disability Employment Policy (ODEP). See the following JAN articles:
* Accommodation and Compliance Series: [Employees with Epilepsy](http://askjan.org/media/epil.htm) (see “Accommodation Ideas” category for photosensitivity)
* Accommodation and Compliance Series: [Employees with Lupus](http://askjan.org/media/Lupus.html) (see “Accommodation Ideas” categories including photosensitivity, respiratory difficulties, and skin irritations)
* [Accommodation Ideas for Multiple Chemical Sensitivity or Environmental Illness](http://askjan.org/media/chem.htm)
* [Accommodation Ideas for Respiratory Disorders](http://askjan.org/media/resp.htm)
* [Telecommuting / Telework / Work at Home](http://askjan.org/topics/telework.htm)
* Accommodation and Compliance Series: [Employees with Fragrance Sensitivity](http://askjan.org/media/fragrance.html)
* [Recommendations for Developing a Scent-Free Policy for the Workplace](http://www.lung.ca/_resources/DevelopingaScentfreePolicyforaWorkplace.pdf), from Canada’s Lung Association
* [What You Can Do](http://www.davidsuzuki.org/what-you-can-do/green-your-workplace/go-fragrance-free/) – Green Your Workplace webpage about how to go fragrance free in homes and workplaces by the David Suzuki Foundation in partnership with the Canadian Lung Association

Note: also see the category titled, “Fragrance-free policies and guidelines and other policies and guidelines that address environmental health barriers”

**Fragrance-free Policies and Guidelines**

* [Scent-Free Policy](http://www.aohc.org/index.php?ci_id=3325&la_id=1): Association of Ontario Health Centres
* [Fragrance Free Implementation Kit for Health Care Facilities](http://www.greenhealthcare.ca/images/projects/FragranceFreeImplementationKit.pdf) (PDF): Canadian Coalition for Green Health Care
* [Recommendations For Developing a Scent-Free Policy for the Workplace](http://www.lung.ca/_resources/DevelopingaScentfreePolicyforaWorkplace.pdf): Canada’s Lung Association
* [Scent Free policy and procedure](http://policy.nshealth.ca/Site_Published/DHA9/document_render.aspx?documentRender.IdType=6&documentRender.GenericField=&documentRender.Id=5117): Capital Health
* [Green Your Workplace, Go Fragrance-Free](http://www.davidsuzuki.org/what-you-can-do/green-your-workplace/go-fragrance-free/): David Suzuki Foundation in partnership with the Canadian Lung Association
* [Scent-free workplace policy](http://www.ehaontario.ca/HR-VII-1501.pdf) (PDF): David Thompson Health Region
* [Three Steps to Organizing a Fragrance Free Event](http://dualpowerproductions.com/2011/03/26/organizing-a-fragrance-free-event/): Dual Powers Productions
* [Policy on Air Quality](http://www.evergreen.edu/policies/policy/airquality): Evergreen State College
* [Accommodation and Compliance Series: Employees with Fragrance Sensitivity](http://askjan.org/media/fragrance.html): Job Accommodation Network (JAN)

Click sample policy language to see examples of fragrance-free workplace policy statements. JAN is one of several services provided by the U.S. Department of Labor’s Office of Disability Employment Policy (ODEP).

* [Fragrance in the workplace: what managers need to know](http://www.aabri.com/manuscripts/09244.pdf) (PDF): Journal of Management and Marketing Research
* [NCIL Statement on Fragrance-Free Events](http://www.ncil.org/about-the-ncil-annual-conference-subcommittee/)
* [Southwest public health district fragrance-free, tobacco-free statement](http://rtn.darton.edu/phirn/news/fragrance-free_tobacco-free.pdf) (PDF)
* [Guidelines on the Use of Perfumes and Scented Products](http://www.utsc.utoronto.ca/~ability/resources_moretips_scent.html): University of Toronto
* [Fragrance Free in the Workplace Webinar](http://www.womenforahealthyenvironment.org/pages/fragrance-free-day): Women for a Healthy Environment
* [Fragrance-free Policy](http://www.greenhealthcare.ca/images/publications/WCHFFS_Staff_Orientation_final.pdf) (PDF) Women’s College Hospital, University of Toronto, Staff Orientation

**Fragrance-free Products**

* [List of some fragrance free products](http://www.takebacktheair.com/pdf/FragranceFreeProducts.pdf)
* [Guide to Less Toxic Products](http://www.lesstoxicguide.ca/index.asp?fetch=personal): Environmental Health Association of Nova Scotia

To find many fragrance free cosmetics and personal care products, do a Ctrl-F search for fragrance free

* [Product Sources](http://www.mcsresearch.net/Products.pdf) (PDF), from Dr. Gibson’s book Multiple Chemical Sensitivity: A Survival Guide (2006)

**Health Care**

* [Scent-Free Policy](http://www.aohc.org/index.php?ci_id=3325&la_id=1): Association of Ontario Health Centres
* [Air Quality and Accessibility in Health Care; Why Aren’t All Health Care Providers Fragrance-Free?](https://lindasepp.wordpress.com/2012/05/13/air-quality-and-accessibility-in-health-care-why-arent-all-health-care-providers-fragrance-free/) (Linda Sepp’s blog)
* [Fragrance Free Implementation Kit for Health Care Facilities](http://www.greenhealthcare.ca/images/projects/FragranceFreeImplementationKit.pdf): Canadian Coalition for Green Health Care
* [Scent Free policy and procedure](http://policy.nshealth.ca/Site_Published/DHA9/document_render.aspx?documentRender.IdType=6&documentRender.GenericField=&documentRender.Id=5117): Capital Health
* [Hospital stays and protocols for people with MCS and other disabilities that involve environmental sensitivities](http://www.mcscanadian.org/medical/hospital-stays-and-protocols.html)
* [Scent free Hospital](http://www.ehaontario.ca/HR-VII-1501.pdf) (PDF): David Thompson Health Region

**Housing**

* [NCIL Position Paper: Housing](http://www.advocacymonitor.com/housing-transportation-policy/ncil-position-paper-housing/) (2013)
* [Overview of NCIL Policy on Housing & Transportation](http://www.advocacymonitor.com/housing-transportation-policy/) includes the following:

NCIL supports initiatives to increase accessible, affordable, healthy / non-toxic, decent, safe, and integrated housing. NCIL is a cross-disability organization and applies the term ‘accessible’ broadly, emphasizing physical accessibility, accommodations for persons with sensory (visual or hearing), emotional, developmental and intellectual disabilities, and persons with chemical and electrical sensitivities.

* [NCIL Resolution in Support of Healthy and Nontoxic Housing](http://www.advocacymonitor.com/ncil-resolution/support-of-healthy-and-nontoxic-housing/) (2009)
* [NCIL Resolution in Support of Fair Housing](http://www.advocacymonitor.com/ncil-resolution/ncil-support-for-fair-housing-resolution/) includes the following:

It is further agreed that the NCIL Board and membership shall affirmatively further their fair housing and civil rights of all people with disabilities through such actions as; …Support provision of housing to accommodate people with Environmental Illness / MCS, due to the need for chemical free environment.

* [Re|shelter](https://reshelter.org/)
* [Affordable rental houses near Snowflake, AZ for people with moderate chemical and electrical sensitivities and mobility impairments](http://www.eiwellspring.org/multiunit/AZPublicHousingProject.htm)
* [Ecology House](http://www.tikvah.com/cc/eh/), 11-unit HUD-funded apartment complex in San Rafael, CA for people with moderate chemical sensitivities, mobility impairments
* [E.I. Wellspring](http://www.eiwellspring.org/)
* [Environmental Sensitivities and Housing](http://www.equalityrights.org/cera/?page_id=674) web page: Canada’s Centre for Equality Rights in Accommodation (CERA)
* [Homes for People with Multiple Chemical Sensitivities](http://www.eolss.net/Sample-Chapters/C15/E1-32-03-04.pdf) (PDF), J. Wasley, Department of Architecture, University of Wisconsin-Milwaukee
* [MCS Issues and Pre-Existing Dwellings](http://www.mcscanadian.org/pdf/PreExistingDwellingsJuly2006.pdf) (PDF) (2006)
* [The State of Housing in America in the 21st Century: A Disability Perspective](http://www.ncd.gov/publications/2010/Jan192010): 2010 National Council on Disability (NCD) Report includes the following:

Environmental Sensitivities: About 11 percent of the U.S. population has some level of chemical sensitivity (CS) that is likely to require housing that is free of disabling environmental triggers. Unless housing is universally designed to accommodate different sensitivities, it is better for some with CS to live in segregated housing that ensures control over potential exposures.

**Hotel, Motel & Lodging Suggestions**

* [Safe Travel Directory](http://www.safertraveldirectory.com/)

Things to ask about when choosing lodging:

* Use air fresheners in the guest room, restroom or air handling system for the facility
* Use of landscaping chemicals, i.e., fertilizers, bug sprays, etc.
* Operable windows for ventilation in guest room or meeting rooms.
* Recent remodeling, major maintenance or redecorating in guest rooms, meeting rooms or path of travel
* Indoor chemical treatments in water features, fountains and swimming pools.
* Unscented staff
* Cotton, silk or natural fibers for linen
* Kind of laundry products used on linens, including fabric softeners
* Check for mold in rooms
* Check neighborhood for industrial or traffic pollutants
* If they allow pets, have they used flea bombs or insecticides recently
* Possibility of cigarette smoke exposure
* Fluorescent lights in meeting rooms and Compact Fluorescent CFS) light bulbs in guest room lighting.
* Halogen lights
* Proximity to cell phone towers
* Best to have guest room not facing or near the ventilation systems, generators, elevator motors, satellite dishes, WIFI and, cell phone transmitters. Typically this would be outside your window or the top floors of the building.
* Chose a room away from loading zones and other places where people leave vehicles running for periods of time.

**Resource Lists**

* [Dr. Ann McCampbell’s collection of links to resources](http://annmccampbell.com/resourceslinks/) that “provide much valuable information relevant to chemical sensitivity and environmentally related illnesses”
* [Resources and links from the Multiple Chemical Sensitivity Research webpage](http://www.mcsresearch.net/resources&links.html) at James Madison University

**Miscellaneous**

* [Multiple Chemical Sensitivities Information Page](http://askwaltstollmd.com/archives/mcs/274817.html): Documents from the MCS / CFIDS “Library” are provided as a service by S. Wachsler and MCS Chat Group for informational or entertainment purposes only. No document is intended to take the place of medical, legal, or other professional advice. You are urged to always check references and do your own research on any product, company, treatment, or service mentioned therein. The opinions contained in a document are those of the author(s) and do not represent the opinions of S. Wachsler, R.D. Font, or MassCFIDS
* James Madison University Professor [Pamela Reed Gibson’s journal articles](http://www.mcsresearch.net/papers.htm)
* [Chemical and electromagnetic exposures as disability barriers: Environmental sensitivity](http://www.mcsresearch.net/journalpapers/chemicalbarriers.pdf) (PDF), which was published in Disability and Society (2009)
* Gibson, P.R. (2010). Of the world but not in it: Barriers to community access and education for persons with environmental sensitivities: Health Care for Women International, 31(1). Read the [preprint](http://www.mcsresearch.net/journalpapers/access&barriersgibson.pdf) (PDF) of this article
* [Guidelines to Accommodate Students and Staff with Environmental Sensitivities: A Guide for Schools](http://www.casle.ca/ArticleDetail/tabid/77/smid/413/ArticleID/151/reftab/56/Default.aspx): (2010), by Nancy Bradshaw of Women’s College Hospital Environmental Health Clinic and Karen Robinson of Canadians for A Safe Learning Environment (CASLE)
* [Multiple Chemical Sensitivities Under Siege](http://www.casle.ca/ArticleDetail/tabid/77/smid/413/ArticleID/151/reftab/56/Default.aspx), Ann McCampbell, MD Chair, Multiple Chemical Sensitivities Task Force of New Mexico
* The EI Wellspring: [Practical Tips for Coping with Chemical and Electrical Hypersensitivity, Housing, access to public places](http://www.eiwellspring.org/)
* [Letter about the health hazards of smart meters and electromagnetic sensitivity](http://maisonsaine.ca/smart-meters-correcting-the-gross-misinformation/) by “a group of scientists and health professionals who together have coauthored hundreds of peer-reviewed studies on the health effects of electromagnetic fields (EMFs).”