

CHECKLIST

Here is a checklist with strategies to help better manage your health.

PLAN YOUR DAY

- Thoroughly plan and schedule your basic needs, e.g. eating, drinking water, relaxing, exercising, and vitamin supplementation (if applicable).
- Write a short to-do list and, if possible, specify the time you plan on doing each item.
- Schedule tasks with risks of exposure to triggers right before returning home, such as shopping or going to the bank. You can then quickly remove your clothes and put them in for a wash, have a shower, wash your hair and put on clean clothes to lessen your exposure to those substances.
- At around noon, reassess your priorities by taking into account the energy you have left.

Take care of yourself

- Learn to accept that your day may not go as you had intended. Be patient with yourself and do not hold yourself responsible for what is happening to you. Take each day as it comes.
- Focus on your basic needs: eat well, rest, pay attention to your breathing and remain calm.

Before going out

- Dress comfortably (clothes, walking shoes) and go to the toilet before going out (most public toilets are full of fragrances).
- Bring along water, food and anything else that helps you to reduce symptoms.
- Have within easy reach the phone numbers of people you can count on in case of an emergency.

Delivery or repair personnel

- Briefly explain your condition and insist they come at a time that is convenient for you.
- Request that delivery or repair personnel refrain from smoking or wearing fragrances (perfumes, scented deodorants, gels, creams, clothes washed in scented detergent or fabric softener).

- Ask a friend or relative to be present.
- If need be, open the windows.
- Request that products to be installed are off-gassed either at the store, in your garage or outside before installation.

What should you do if you experience a reaction after an exposure?

- Immediately leave the location that is affecting you.
- Ask friends or relatives to remind you to do so.
- Remain calm.
- Go home, quickly remove your clothes and put them in the washer, have a shower, wash your hair and put on clean clothes.
- If you are being seen by a specialist in environmental medicine, follow their instructions as soon as possible to relieve symptoms.

Always have this checklist on you and within sight, e.g. on your fridge.

- When visiting or having company
- Don't be shy, politely ask to be accommodated.
- Ask friends and relatives to not use scented or toxic products.
- Give them a list of cleaning and personal care products you can tolerate.
- Make sure they don't smell of smoke or fragrances either before they visit you or before you visit them.
- Open windows to ventilate the room (unless the air outside is polluted).
- Make sure the area you are visiting is free of mould
- If the ambient indoor air is not good, go outside. If the temperature and weather do not allow you to do so, go home.

WHEN
THE ENVIRONMENT
MAKES YOU ILL

Need to
understand,
need
to act

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