

As a person with severe chemical sensitivities, I am very afraid of having to call for EMS help. Please ask all EMS personnel to be aware that there are people who may need special accommodations. These two documents are older, but still contain important information for helping people with Chemical Intolerance.

<https://annmccampbellmd.com/publicationswritings/tips-for-first-responders-ii/>

<https://unmhealth.org/services/development-disabilities/programs/ media/fifth-edition-tips-sheet.pdf>

Environmental Illnesses (EI) can be caused by severe chemical or biotoxin exposures. Ongoing symptoms are triggered by exposure to chemicals, smoke, mold, pesticides, low levels of radiation from powerlines and wireless devices, and other environmental toxins. People with EI suffer from debilitating symptoms including: difficulty breathing, anaphylaxis, severe headaches, dizziness, fainting, seizures, POTS, brain fog, difficulty concentrating, cognitive impairment, memory loss, balance disturbances, severe respiratory problems, severe fatigue, skin burning, face swelling, skin conditions, extreme nausea, retching, vomiting, neurological problems, muscle weakness, sleep disturbances, brain injury, and behavioral/communication problems. The suffering can be intolerable.

There was greater awareness and new developing protocols about people with environmental illnesses before COVID-19. But now, as we emerge from that crisis and policies are being re-written, people with environment illnesses including: Chemical Intolerance (CI) such as Mast Cell Activation Syndrome (MCAS), Multiple Chemical Sensitivities (MCS), Toxicant-Induced Loss of Tolerance (TILT); Electromagnetic Hypersensitivity (EHS); Chronic Inflammatory Response Syndrome (CIRS); (Gulf War Illness (GWI)); and toxic mold injuries, are being forgotten.

Over 34 % of the population report health problems from exposure to fragrance chemicals. That is over 113 million people. For people with asthma the prevalence is over 57%. Over 75% of people with autism have fragrance sensitivity. That is a lot of people suffering in silence. It is very difficult for people with fragrance sensitivities to access medical care due to the overwhelming presence of fragrance chemicals in public buildings like hospitals and clinics. Like smoking and second-hand smoke, until the dangers of fragrance and second-hand fragrance are understood and denounced by the medical community, people will continue to become ill, both near-term and long-term.

An excellent resource for education about the effect of fragrance chemicals on people with various illnesses is: <https://www.fragrancefreecoalition.com/>

People with environmental illnesses are different and need unusual accommodations, but with education, acknowledgement, and understanding, EMS personnel can make it possible for people to get critical care instead of avoiding it, suffering, and dying. Please make sure all EMS personnel understand the severity of our illnesses and how to prevent exacerbations of our symptoms.

Thank you!