

How you Can Help to Make a Safer RIDE

Did you know? Some RIDE passengers can become ill from tobacco smoke, fragrances, and a whole host of other chemical smells and products.

If you are a RIDE driver or passenger, **you can help** passengers with multiple chemical sensitivity (MCS) to feel safe and well when taking THE RIDE.

Here are three of the best ways how:

1. Refrain from smoking of any kind, including cigarettes, pipes, and cigars.
2. Don't let petrochemicals (e.g., gasoline), paints, and similar products get onto your skin and clothes.
3. Hold off from wearing scented products, including:
 - perfume, cologne, and essential oils
 - aftershave
 - scented soap, shampoo, and conditioner
 - scented lotion and moisturizer
 - scented hairspray, gel, and mousse
 - scented sanitary napkins and tampons
 - scented deodorant
 - scented cosmetics
 - clothing that has been
 - washed in scented detergent or fabric softener
 - dry cleaned
 - dried with scented dryer sheets
 - stored or worn near mothballs, smoke, fragrance, or petrochemicals

This may seem like a tall order, but consider → → → → →

A **good beginning** would be to stop using even just a couple of these products and not smoke on your “RIDE days.”

One step better would be also to wash your hair and clothes with a fragrance-free cleanser ahead of time on these days.

Best of all would be to stop using scented products completely, switch to using only safer ones, and quit smoking altogether. That's because the smell of smoke and other scents can stay in your clothes, hair and skin for weeks, even after you've stopped using them.

What products are okay to use—and how?

1. Personal care products that say “fragrance free” or “no perfumes, chemicals, or dyes” are usually fine. **BEWARE!** Products called “natural” or “all-natural” often contain fragrances, and some products marked “unscented” actually contain fragrances along with a chemical that masks their smell. **Also**, products that are okay for one person might not be okay for another; you may need to try out several products.
2. Before laundering your clothes, make sure your washer and dryer are free of scent residues from previous washings: Run your washer through one clothes-free cycle with a cup of vinegar and enough fragrance-free detergent for a small load. Thoroughly wipe your dryer out with vinegar.
3. Unless it's organic, clothing has usually been treated with a number of harmful chemicals, so it's best to wash new clothing several times with a fragrance-free cleanser before wearing.

Examples of safer personal-care products*

Soap: Dr. Bronner's (unscented); Kiss My Face Unscented Olive Oil Soap

Lotion: vegetable oil; Eucerin (fragrance free, hypoallergenic); Global Balance (fragrance free) Allercrème, Rich's MSM Lotion (unscented)

Shampoo and/or Conditioner: Dr. Bronner's (unscented); Nature Clean; Pure Essentials; Aubrey Organics;

Deodorant: baking soda; Tom's of Maine (unscented); Alvera

Laundry cleanser: baking soda; borax; Arm & Hammer Perfume & Dye Free Liquid Laundry Detergent; Seventh Generation Free & Clear Natural Laundry Detergent; AFM SafeChoice Super Clean

*This list is not exhaustive, and inclusion does not imply endorsement.

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Recognition of Multiple Chemical Sensitivity

Multiple chemical sensitivity is recognized as a disability by a range of government agencies and court decisions. Prominent examples include the Social Security Administration and the U.S. Department of Housing and Urban Development (HUD). The Americans with Disabilities Act (ADA) covers MCS on a case-by-case basis. The chart below indicates the number of such agencies and decisions that recognized MCS as of October 2006.

Type of Agency, Commission, Council, Decision, Department, Institute or Legislature	How Many
U.S. Government Agencies, Commissions, Institutes and Departments	25
State Government Agencies, Commissions, Legislatures and Departments	28
Local Government Agencies, Commissions, Councils, and Departments	13
U.S. Federal Court Decisions	8
State Court Decisions	21
U.S. State Workers' Compensation Board Decisions	14
Canadian Federal Government Agencies	4
Canadian Provincial Government Agencies	6

The Multiple Chemical Sensitivity Project based the above chart on information compiled by Albert Donnay, MHS, Co-Founder and Executive Director of MCS Referral & Resources (<http://www.mcsrr.org>). The MCS Project, a program of Boston Self-Help Center, is funded in part by Community Works.

Chemicals to Watch Out For

Chemical group

Environment and health

<p>Pesticides</p> <p>Example: Chlordane</p>	<p>Sources include disinfectants, weed and bug killers used in or Near the home, and drift from commercial and agricultural activities.</p> <p>Can cause many types of health effects, including effects on brain- and reproductive-system development and function, hormone systems, ability to fight disease, cancer, and kidney and liver function.</p>
<p>Phthalates</p> <p>Example: dibutyl phthalate</p>	<p>Can be found in vinyl and other plastics, such as children’s toys; also in nail polish, hair spray and other cosmetics.</p> <p>Have been shown to affect hormone systems and cause reproductive harm, especially from exposure during pregnancy.</p>
<p>Flame Retardants</p> <p>Example: PBDE 47</p>	<p>Can be found in children’s sleepwear, foam furniture an cushions, Mattresses and pillows, synthetic carpets and drapes, and electronic equipment (TVs, computers)</p> <p>Have been shown to affect hormone systems and thyroid hormone cause reproductive harm and effects on learning and behavior in animal studies.</p>
<p>PCBs (polychlorinated biphenyls)</p> <p>Example: PCB 52</p>	<p>Sources include older electrical equipment and building materials as caulks and paints. Banned from new uses in the 1970s but still commonly detected indoors and out.</p> <p>Can cause effects on brain development, thyroid hormones, reduced ability to fight disease, hormone disruption, liver damage, and cancer.</p>
<p>PAHs (polycyclic aromatic hydrocarbons)</p> <p>Example: benzo(a)pyrene</p>	<p>Sources include combustion from fireplaces, stoves and heaters, Cigarette smoke, outdoor air pollution, and auto exhaust.</p> <p>Can cause cancer, reproductive harm, and reduced ability to fight disease.</p>

<p>Alkylphenols</p> <p>Example: nonylphenol</p>	<p>Can be found in detergents, plastic, and pesticide mixtures.</p> <p>Have been shown to affect hormone systems and cause reproductive harm in animal studies.</p>
<p>Other phenols</p> <p>Examples: Bisphenol A o-phenylphenol</p>	<p>Can be found in polycarbonate plastic, other plastics, disinfectants, fu</p> <p>Have been shown to affect hormone systems and cause reproductive harm in animal studies.</p>
<p>Parabens</p> <p>Example: methylparaben</p>	<p>Can be found in cosmetics and skin lotions.</p> <p>Have been found shown to affect hormone systems in animal studies.</p>
<p>Metals</p> <p>Examples: Nickel, lead, vanadium</p>	<p>Sources include industrial emissions, engines, mining, cigarette smoke, and natural processes.</p> <p>Can cause many types of health effects, including effects on brain dev</p>
<p>Particulate matter</p> <p>Examples: Soot, PM2.5</p>	<p>Sources include engines, refinery flaring, frying foods, cigarette smoke and dust.</p> <p>Can aggravate asthma and cause breathing and heart problems, resulti</p>
<p>Ammonia</p>	<p>Sources include industrial emissions, fertilizers, cleaning products, and natural processes.</p> <p>Can cause breathing problems and irritation of skin and eyes.</p>

How can chemicals get in my body? Chemicals can enter your body when you breathe, eat and drink, and through your skin. Chemicals can also be passed from mothers to infants through the placenta and breast milk.

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