

*Awareness and Recognition****MCS Awareness in Schools***

**“Plan an age appropriate contest for the children, such as an essay, drawing, or poster contest.”**



Plan an informative assembly for students, faculty, and parents. You will need to contact the school district administration and/or principal to organize an event. Things to do at the event include:

1. Create educational activities about toxic substances and MCS.
2. Plan an age appropriate contest for the children, such as an essay, drawing, photo, or poster contest.
3. Discuss MCS triggers and simple accommodations.
4. Discuss prevalence and risk management for those not yet affected by MCS.
5. Emphasize that MCS is real, the result of environmental toxicity.
6. Read enlightening, short, patient stories about life with MCS to children.
7. Invite local celebrities, musicians, artists, activists, researchers, and treating physicians to speak at the assembly.
8. Consider finding sponsors to donate prizes for games, contests, and activities.
9. Pass out educational materials, brochures, signs, and posters. Some may be found at:

[http://www.mcs-america.org/index\\_files/MCSBrochuresPostersSigns.htm](http://www.mcs-america.org/index_files/MCSBrochuresPostersSigns.htm).

Plan a gathering with refreshments for faculty. Things to do at the gathering include:

1. Introduce a suggested fragrance free policy.
2. Introduce a suggested green cleaning policy.
3. Discuss the handling of MCS reactions during school.
4. Plan awareness notices to be sent to parents and posted on bulletin boards.
5. Encourage faculty to discuss MCS in health and science classes.
6. Plan the inclusion of health topics, including MCS, in schools newsletters and bulletins.
7. Pass out educational materials, brochures, signs, and posters. Some may be found at:

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### Ten Ways to Manage MCS Reactions at School

Download Fact Sheet from: <http://www.mcs-america.org/TenWaysToManageMCSReactionsatSchool.pdf>

1. Switch over to an integrative pest management program which utilizes the least toxic pest control methods only when pests are spotted.
2. Provide adequate ventilation, an air filtration system, and clean air ducts monthly.
3. Use non-toxic, fragrance free, green cleaning products in place of traditional industrial cleaning agents when students and faculty are not in the building.
4. Check for moisture and remove mold and mildew.
5. Make the campus fragrance free and smoke free.
6. Offer healthier organic selections and special diet fulfillment in the cafeteria.
7. Allow students to take needed supplements and medications on schedule.
8. Minimize diesel exhaust from school buses and ensure that exhaust is not vented into the building or onto the playground.
9. Hold annual training seminars about caring for students with MCS for faculty, administrators, and the school nurse.

When building and remodeling, select the safest building materials with the least formaldehyde and other off-gassing agents. Place students with known MCS in older classrooms which have not been painted or remodeled in the last 3 years.

### Ten Things Faculty Can Do During a Reaction

Download Fact Sheet from: [http://www.mcs-america.org/TenThingsFacultyCanDo\\_WhenAStudentHasanMCSReaction.pdf](http://www.mcs-america.org/TenThingsFacultyCanDo_WhenAStudentHasanMCSReaction.pdf)

1. Immediately remove the student from the source of exposure.
2. Help the student wash exposed skin and hair with their own safe soap.
3. Help the student change into spare clothing if clothing has become contaminated.
4. Contact the parents.
5. Give the student breathing room and lots of fresh air.
6. Reassure the student and ask them what they may need.
7. Investigate what happened and, later, take measures to avoid a recurrence.
8. Call an ambulance if breathing becomes raspy or tremors/seizures occur.
9. Be patient with the student during the period of cognitive impairment during and after an exposure.
10. Monitor the student's ability to move about normally and take safety precautions during and after exposures when coordination and balance may be impaired.

