

# ES Environmental Sensitivities

Imagine what it's like to get sick from common household cleaning solutions, fragrances, building materials, moulds, *pesticides*, etc. Now try to imagine how it could affect your ability to work or function in everyday life. Imagine too how it could alienate and isolate you from your friends and family. It could change your whole life. . . .

*Lonely, isn't it?*

The Canadian Human Rights Commission recognizes environmental sensitivities as a disability.

Like others with a disability, those with environmental sensitivities are required by law to be accommodated.



For help  
contact:

**Environmental Health  
Association of Ontario**

[www.ahaontario.ca](http://www.ahaontario.ca) / [helpline@ahaontario.ca](mailto:helpline@ahaontario.ca)

613-860-2342

I spent most of my life watching my mom suffer from ES and listened to doctors, friends, and family – the people that were supposed to be there for her – talk about how she was making it seem worse than it was.

*They stopped saying that when she died at the age of 46.*

*Dedicated to the memory of my mother, Helene Harris*