

Safe-Visit Checklist

For family and friends visiting someone with chemical sensitivity (MCS)

Why this matters: Someone you care about reacts physically to fragrances and common chemicals — headaches, brain fog, breathing trouble, and more. The good news: a few simple changes before you visit can make the difference between a good day and a lost one. None of this is about being difficult. It's about access.

Before you come over

- ☐ **Wash clothes in fragrance-free detergent** — and skip fabric softener and dryer sheets entirely. Scent clings to fabric for days.
- ☐ **Wear no perfume, cologne, or scented body spray** — not even "just a little."
- ☐ **Use fragrance-free deodorant, lotion, hair products, and soap** that day if you can. Heavily scented hair products are a common hidden trigger.
- ☐ **Don't wear recently dry-cleaned clothing** or coats — dry-cleaning chemicals off-gas strongly.
- ☐ **Air out a smoky coat or car** — if you smoke, vape, or were around smoke, change clothes and avoid bringing the jacket inside.
- ☐ **Leave scented gifts at home** — candles, lotions, flowers with strong scent, and perfumed products are not safe gifts here.

While you're there

- ☐ **Don't light candles or incense, and don't bring plug-in air fresheners.**
- ☐ **Ask before using any cleaning or personal product** in their space.
- ☐ **Help ventilate** — open a window or run the air filter if they ask.
- ☐ **Ask what they tolerate** rather than assuming. Tolerances differ from person to person and day to day.
- ☐ **Take reactions seriously and without offense** — if they need you to step outside or cut a visit short, it's the chemicals, not you.

Tip: Text this checklist to anyone before they visit. A quick heads-up prevents most accidental exposures — and a lot of hurt feelings on both sides.

Educational information only — not medical advice. Every person with MCS is different; this is general guidance, not a rule book. Always ask the specific person what they can and cannot tolerate. © 2026 MCSDisability.com · A Good Air Homes resource.