

An MCAS-friendly workplace - cheat sheet

Because MCAS is unique to each person affected, triggers and symptoms will be different for each individual. However, there are some adjustments that could be implemented to support a more MCAS-friendly working environment (and may have the added bonus of creating a healthier environment for others too!)

Allergen-free workplace: Ensure the workspace is free from common allergens such as dust, pollen, and pet dander.

Clean Air Filters: Use high-quality air filters to maintain good indoor air quality, reducing potential allergens and unwanted fragrances.

Scent-Free Policy: Implement a strict scent-free policy to avoid triggering fragrances.

Well-Ventilated Area: Ensure proper ventilation to reduce airborne irritants.

Flexible Hours: Allow for flexible work hours to accommodate fluctuations in symptoms and medical appointments, with the benefit of an improved work-life balance.

Remote Work Options: Offer remote work options for better control over environmental triggers.

Breakout space: Provide access to a clean and allergen-free break room or kitchen area.

Quiet Spaces: Designate quiet spaces for rest and relaxation during flare-ups.

Educational Resources: Offer educational resources about MCAS to promote understanding and support among coworkers. (Find resources at mastcellaction.org)

Make your legacy a lifeline for people with MCAS, leave a gift in your will to Mast Cell Action.