

Date

Mayor

City Address

I am writing to request that an official City notification (a proclamation) be made on May 12, YYYY, officially declaring that day as ***International Awareness Day for Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivity***. It is estimated that over 20 million individuals worldwide have been diagnosed with one or all of these illnesses.

Here is a draft of possible wording of this proclamation to aid your office:

### **Proclamation**

#### **Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivity International Awareness Day**

**May 12, YYYY**

**Over 20 million individuals worldwide are afflicted by these chronic illnesses. Once diagnosed, one is often ill for years and as many as 70 per cent are disabled for life. These illnesses affect men, women and children of all backgrounds and presently the cause is unknown.**

**Myalgic Encephalomyelitis (ME), commonly known as Chronic Fatigue Syndrome (ME/CFS), is a neurological and autoimmune disease characterized by overwhelming fatigue, pain, post exertional malaise, headaches, cardiac symptoms, immune disorders, dizziness, and balance problems.**

**Fibromyalgia (FM) is characterized by severe musculoskeletal pain and tenderness in many areas of the body, along with fatigue and sleep dysfunction, generalized or regional stiffness, and in some cases neurological and cognitive symptoms. This pain can become strong enough to prevent people from working or engaging in physical activities for months and even years.**

**Multiple Chemical Sensitivities (MCS), also called Environmental Sensitivities or Intolerances, means an unusually severe sensitivity or allergy-like reaction to different kinds of pollutants such as chemicals, perfumes and other environmental triggers.**

Please help us continue to raise public awareness so we can reach those affected, educate the medical profession, raise funds for necessary services and end the stigma and discrimination that accompanies these diseases.

Sincerely,

Name and/or Organization

PS: Please e-mail me a copy of the Mayor's Proclamation.