

JOHN TORY
MAYOR

Proclamation

Myalgia Encephalomyelitis/Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivities Awareness Day

May 12, 2020

WHEREAS Fibromyalgia and Multiple Chemical Sensitivities (ME/CFS) are chronic illnesses that have the potential to substantially limit function and impact the quality of life.

People with ME/CFS suffer from chronic and disabling fatigue. Minimal physical, mental or cognitive exertion results in a myriad of symptoms such as pain, headaches, cardiac symptoms, immune disorders, and it affects respiratory, nervous and digestive systems.

It is important that we bring awareness to these complex chronic diseases as they are often misunderstood. ME/CFS is often considered an invisible disease as people who live with these conditions can appear physically healthy but are facing debilitating challenges.

The challenges of COVID-19 can be tough on all of us, especially for those who are living with a chronic illness. It is important that we lend our support and understanding to those who have additional challenges during this time.

The City of Toronto supports organizations and individuals committed to raising awareness about diseases, conditions and illnesses that affect all Canadians. Through education, fundraising and support, the health and well-being of our communities are improved.

NOW THEREFORE, I, Mayor John Tory, on behalf of Toronto City Council, do hereby proclaim May 12, 2020 as "**Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, Fibromyalgia and Environmental Sensitivities/Multiple Chemical Sensitivity Awareness Day**" in the City of Toronto.


John Tory
Mayor of Toronto

