

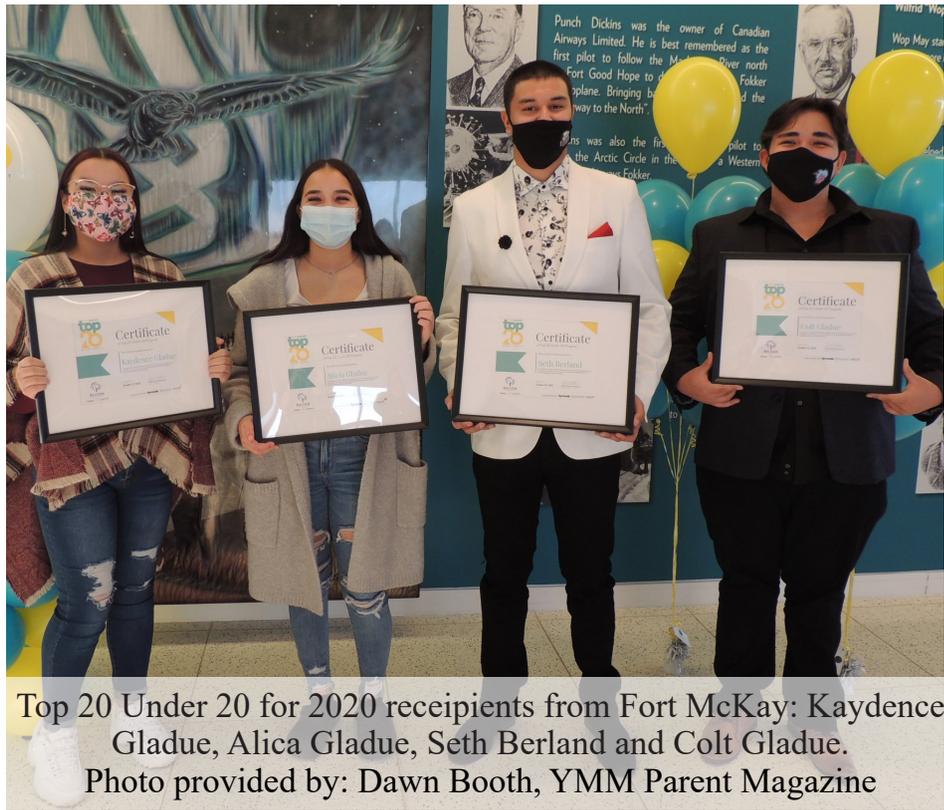
Red River Current

November 2020

VOLUME 10 : ISSUE 10

FORT MCKAY YOUTH AWARDED TOP 20 UNDER 20

<i>Every Child Matters</i>	4
<i>Special Men's Golf Event</i>	5
<i>Learn to Speak Dene & Cree</i>	6
<i>Fort McKay Sustainability Department News</i>	9
<i>Youth Participate in Girls at Bat Program</i>	11



Top 20 Under 20 for 2020 recipients from Fort McKay: Kaydence Gladue, Alica Gladue, Seth Berland and Colt Gladue.
 Photo provided by: Dawn Booth, YMM Parent Magazine

Fort McKay is proud to announce that four of our local youth have been nominated as this year's YMM Parent Magazine's inaugural Top 20 Under 20. This group of youth are the first from Fort McKay to be showcased for this award!

Top 20 Under 20 was first launched to create an opportunity and feature remarkable youth within the Regional Municipality of Wood

Buffalo. This initiative was possible thanks to the combined partnership of the Regional Municipality of Wood Buffalo's Mayor's Advisory Council on Youth (MACOY) and YMM Parent Magazine.

Amongst those nominated include Alicia Gladue, Kaydence Gladue, Seth-Lee Berland, and Colt Gladue.

Alicia Gladue - Alicia is the youngest recipient of Fort McKay youth who was nominated for the Top 20 Under 20. Alicia was highlighted for her role as Team Captain for the Fort McKay Northern Spirits as well as her involvement within the Fort McKay Youth Council.

Kaydence Gladue - Kaydence has been an outstanding and...

story continued on p.3



Alicia Gladue
*photo provided by: Dawn Booth,
 YMM Parent Magazine*



Kaydence Gladue
*photo provided by: Dawn Booth,
 YMM Parent Magazine*

FMFN LEADERSHIP TEAM

Mel Grandjamb, Chief
 Raymond Powder, Councillor
 David Bouchier, Councillor
 Melinda Stewart, Councillor
 Crystal McDonald, Councillor

Chris Johnson, CEO
 Alvaro Pinto, CEO Oilsands Development
 and Sustainability
 Stuart Randall, Senior Manager,
 Business Development
 James Owl, Executive Director,
 Capital Projects

ADMINISTRATION DEPT.

Dorothy McDonald Business Centre
 General Delivery
 Fort McKay, AB T0P 1C0
 Phone: 780-828-2430

Hours of Operation:
 Monday - Thursday: 8:30 a.m. to 4:30 p.m.
 Friday: 8:30 a.m. to 2 p.m.
 Closed daily: 12 - 1 p.m.

SUBMISSIONS

If you have any photos, stories or ideas for the
 Red River Current, please contact the
 Communications Department
 email: communications@fortmckay.com

STAY INFORMED

The Fort McKay Education Department
 would like to keep all of our parents informed of
 upcoming events (ex. Education Celebration), including our
 off-reserve students by creating a contact list.

To be added to our mailing list, please contact our
 Fort McKay Indigenous Liaison – Elissa Whiteknife
 Email: ewhiteknife@fortmckay.com, Cell: 780-742-4685

FORT MCKAY

FIRST NATION

ELISSA WHITEKNIFE

FORT MCKAY INDIGENOUS LIAISON

C. 780 742 4685 F. 780 828 4680
ewhiteknife@fortmckay.com

Fort McKay First Nation
 P.O. Box 5360
 Fort McMurray, AB T9H 3G4

94405 Fort McKay Road, Fort McKay, AB T0P 1C0 www.fortmckay.com

FORT MCKAY YOUTH AWARDED TOP 20 UNDER 20



Colt Gladue

*photo provided by: Dawn Booth,
YMM Parent Magazine*



Seth Berland with Regional Municipality of Wood Buffalo Mayor Don Scott and RJ Steenstra, President and CEO of the Fort McMurray Airport Authority.

(continued from p.1)

inspiring role model within Fort McKay from a very young age. Kaydence’s nomination is due in part to her role as a positive leader for younger generations and her passion for her culture, and her artistic talent within the music studio.

Seth-Lee Berland - Seth is one of the pioneering youth within Fort McKay who dove headfirst into football. Seth has shown outstanding talent, dedication, and perseverance and has set out an incredibly inspiring and motivational journey on his path to success.

Colt Gladue - Colt Gladue was highlighted for his entrepreneurial talents and endeavours in the business world. Colt founded his own clothing company at the age of 14 and has shown undeniable talent, drive, and business savvy.

“This is the second year of putting together the Top 20 Under 20 program, and we are incredibly honoured to have four recipients from Fort McKay for the first time and to learn more about how they are impacting the youth and children in their neighbourhoods. We hope this encourages

our residents to continue building strong bonds with all the communities in our region, and create more opportunities for all,” shared Dawn Booth, Editor-in-Chief, Your McMurray Magazine & YMM Parent.

All attended a private function at the Fort McMurray International Airport on October 25 and arrived in staggered time slots to meet COVID-19 safety measures. Recipients were greeted with a certificate and were photographed with RMWB Mayor Don Scott and RJ Steenstra, President and CEO of the Fort McMurray Airport Authority. They were also interviewed on video and thanked graciously for being incredible community ambassadors.

“Through our program and publication, we are able to share the stories of who they are and the incredible things they are doing. In turn, our region’s communities, as a whole, learn more about the children and youth outside of their social circles”, shared Booth.

YMM Parent Magazine’s Issue 3, and full profiles of these incredibly talented youth can be viewed at: www.ymmparent.ca.



EVERY CHILD MATTERS

Kahkîyaw Awâsisak Ispihteyitahkosowak

This initiative asks for every Canadian to wear an orange shirt on September 30 in the spirit of healing and reconciliation. In honouring and validating the healing and reconciliation of former students and their families.

Wearing an orange shirt and promoting the slogan, Every Child Matters, is an affirmation of our commitment to raise awareness of the residential school experience and to ensure that every child matters as we focus on our hope for a better future in which children are empowered to help each other.

#Kahkîyaw awâsisak ispihteyitahkosowak
#EveryChildMatters
#OrangeShirtDay
#September30

Here are a few pics of how our Fort McKay students supported and honoured our Indigenous People who attended the Residential Schools.



Grade 1 & 2 Students from Fort McKay School

September 30 is an annual day that began in 2013, designed to educate people, recognize and acknowledge the experience of students of Indian Residential Schools, to honour the survivors and those who did not make it home.

September 30, the annual date of the event, signifies the time of year when Indigenous children were historically taken from their homes to residential schools.

Between the late 1800s and 1996 when the last residential school was shut down in Saskatchewan, more than 150,000 First Nations, Métis and Inuit children attended Indian residential schools – Orange Shirt Day commemorates this legacy.



Students from Sister Mary Phillips School

CHIEF GRANDJAMB HOSTS SPECIAL MEN'S GOLF EVENT



On September 10th, Chief Mel Grandjamb hosted a special men's golf event. Altogether, 28 golfers registered and participated in the tournament that promised a full day of fun at the Fort McMurray Golf Club.

The Special Men's Golf event is a unique event hosted for our community members. The golf tournament is organized each year to commemorate each person's distinctness and celebrate the community's latest efforts and accomplishments throughout the year.

All men participated in a round of golf and afterwards, enjoyed a nice steak dinner thanks to the fantastic cooks from the Fort McMurray Golf Club. Many prizes were presented, including the longest drive, longest putt, closest to the pin (KP), ball in water and ball in trees. The winner for the top prize was Chris Wilson, who won a brand new, top-of-the-line putter!

We want to send out a special congratulations to this year's winners Leonard, James, Lewis and Chris, with a score of 61! Great playing boys!

What a great way to end the golf season before the winter!





Hachoghe fights three giant beavers

Long ago, three giant **beavers** lived on Lake Athabasca. They made life difficult by building huge dams and flapping their tails to drown people. A giant man named Hachoghe decided to help the people by getting rid of the giant beavers.

The first beaver made his den on the west side of the Lake Athabasca, near Old Fort. Hachoghe dug into the beaver's den and killed it. He tossed half the den into the Athabasca River, creating an island called T'anu.

The second beaver swam to the south side of Lake Athabasca before Hachoghe caught up with him. Hachoghe fought with the beaver and in their struggle, the beaver kicked away all the trees, creating the Athabasca Sand Dunes. After a long fight, Hachoghe killed the second beaver. The sand dunes are still red from the second beaver's blood.

The third beaver saw Hachoghe coming for him so he escaped down the Slave River. Hachoghe chased him all the way to Fort Smith and followed him over a beaver dam. This created the Slave River Rapids between Fort Fitzgerald and Fort Smith.

Hachoghe continued to chase the third beaver north up the Slave River to the Mackenzie River. He finally caught up with him at Wolverine Rock, north of Tulita. There he killed the beaver and made a fire to cook it. Fat from the giant beaver dripped into the fire, igniting a flame that is still smoking today.

Adapted from a story told by Victoria Mercredi of Fort Chipewyan, Alberta.

Learn to Speak Cree

Cree Word: Ets'el Zae

English translation: Frost Moon





Hachoghe taghe tsácho k'ąıdhër

ŕatthe yunızı ttháá, taghe **tsácho** Athabasca Túé k'e náde. Dáts'ena sí bet'á hunıla, bets'ı tsákı cho dágha-ú tth'ı beché t'á tu dálxál t'á dëne tu dánıdel. ŕedırı dëne nechá cho, Hachoghe húlye dëne ts'úsnı yıdhı t'á ŕeyı tsácho benéné nánıla.

T'atthe tsá ŕeyër Athabasca Túé k'e nas ts'én xaza tsákı hełtsı, ŕeyı Old Fort húlye ghá nıdhıle. Hachoghe ŕeyı tsácho bets'ı tsákı yérelnı-ú ŕeyı tsá łeghąıdhër. ŕeyı tsákı danızı Athabasca deze ye yıłhél, bets'ı ŕéne nu T'anu húlye ŕılı ŕája.

ŕeyı ıłághe tsácho Hachoghe hıłchú tthe yuyághe Athabasca deze ts'én héłbı. Hachoghe ŕeyı tsácho k'ádhër ts'ı ŕéné, ŕeyı tsá harelyú dechëne yuwénıłžëth t'á Chocheŕerelche hılı ŕája. Tháá ŕelk'enáıddhër t'ághe Hachoghe ŕeyı tsácho łeghąıdhër. ŕeyı tthaye Chocheŕerelche ghá ŕalı tsá dële t'a delk'os.

ŕeyı nade tsácho sí Hachoghe hegal ŕeyı t'á yuyaghé Des Nedhé ts'én tthécha. Hachoghe Tthebacha ts'én néyenıyú yek'ını tsázél dedhe yéyú. ŕeyı ts'ı ŕéne ŕeyëre Tthebatthı ts'ı Ttthebacha ts'én theba hılı ŕája.

Hachoghe ŕeyı nade tsácho t'at'u yeneyule xat'éé yudaghé Des Nedhé ts'ı yudaghé Descho ts'én yenéyú. ŕeyı Naghaye Tthe húlye Tulıt'a ts'ı yudaghé ts'én haza ŕeyëre t'a yeghá níya. ŕeyër t'a tsácho łeghąıdhër-u kón délk'ą yelt'ëth xa. Tsácho tlezé kón k'e delt'ul ts'ı ŕéné dék'a, ŕeyı kón dek'en ŕalı dıŕıdzıne ts'én búret'ı ŕat'e.

Victoria Mercredi K'áitel Kúé, Alberta k'éyaghe ts'ı dënexél halnı ŕat'e.

Learn to Speak Dene

Dene Word: Iyikopiwipisim

English translation: Frost Month



FORT MCKAY SUSTAINABLE

MOOSE LAKE ACCESS MANAGEMENT PLAN (MLAMP)



Chief and Council hosted the Minister of Alberta Environment and Parks (AEP), Jason Nixon, and the Minister of Indigenous Relations, Rick Wilson, at the Moose Lake Together Summit on January 31, 2020. Following the Summit, Chief Grandjamb and Minister Nixon jointly announced that the UCP government would renew efforts to complete MLAMP and protect the ecological and cultural integrity of Moose Lake to enable the exercise by members of their constitutionally affirmed s. 35 Treaty rights. AEP staff and Sustainability Department (SD) staff hosted stakeholders from February to May to improve the 2018 draft MLAMP. On May 21, AEP released the 2020 draft MLAMP for comment.

SD hosted community members at consultation sessions throughout the summer to collect members' opinions about the draft and suggestions for its improvement. On October 2, Fort McKay formally tabled its submission with AEP and on October 7, Chief Grandjamb spoke with Minister Nixon to register the community's disappointment that Alberta still has not endorsed the 2016 recommendation that requires all central processing facilities (CPFs) to be located outside the Moose Lake 10-kilometre special management zone (10KMZ). Fort McKay continues to lobby government to adopt this measure before MLAMP is submitted to Cabinet for approval in either November or December. This is not a negotiable requirement for Fort McKay.

Members should remember that the Alberta Court of Appeal overturned the AER's approval of the Prosper Rigel Project, that included a CPF inside the 10KMZ, on April 24, 2020 (*see next page*). Fort McKay continues to insist the implications of this decision clearly indicate that the honour of the Crown, protection of s. 35 Treaty rights, Treaty implementation and the impacts of cumulative environmental effects require Alberta to reconsider its commitment to protect Moose Lake and to prohibit CPFs inside the 10KMZ.

If the final MLAMP approved by Cabinet *does not* prohibit CPFs—which are the heavy industrial hub operating 24 hours a day at the heart of *in situ* projects and to which all on- and off-site infrastructure is connected—Council will continue to use every vehicle at its disposal to achieve this most important objective.



CITY DEPARTMENT NEWS

PROSPER RIGEL PROJECT AND THE AER REDETERMINATION HEARING

As noted above, the Alberta Court of Appeal delivered a judgment on April 24, 2020 that overturned the Alberta Energy Regulator's (AER) approval of the Prosper Rigel Project, which included a CPF inside the Moose Lake 10KMZ.

The judgment cited the honour of the Crown, protection of s. 35 Treaty rights, Treaty implementation and the impacts of cumulative environmental effects as among its reasons for overturning the approval. Our legal counsel believes this decision is a landmark case for Indigenous litigation.

As soon as the 90-day period by which appeal to the Supreme Court of Canada expired on July 24, the AER contacted Fort McKay and Prosper to advise it intended to proceed with a redetermination hearing as soon as possible. Following the exchange of correspondence, AER set a meeting this coming December for the lawyers to negotiate the scope of the redetermination hearing. AER has tentatively set March 2020 as the date it intends to convene the hearing.

Fort McKay will continue to oppose the Rigel Project on the basis that its CPF is inside the Moose Lake 10KMZ and, therefore, incompatible with the protection of Treaty rights and the ecological and cultural integrity of Moose Lake.

REPORT AN ODOUR

To report an odour, please call:

Alberta Environment Hotline: 1 800 222 6514 (24 hrs)

For up-to-date information during odours and other air events in the region, please call:

WBEA Air Information Line: 1 866 685 3699 (24 hrs)

If an odour is making you feel sick or you have health concerns, please call:

Alberta Health Link: 1 866 408 5465 (24 hrs)



Wellness Center November Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 Young Explorers (Ages 6-7) 6:30PM-8:00PM Sports Night (Ages 8+) 6:30PM-8:00PM	3 Homework Help (Ages 6+) 6:30PM-8:00PM DIY Craft Club (Ages 8+) 6:30PM-8:00PM	4 Bullying Awareness Program (Ages 8+) 6:30PM-8:00PM Movement and Mindfulness Program (Ages 6-7) 6:30PM-8:00PM	5 Gamers Club (Ages 8+) 6:30PM-8:00PM Movement and Mindfulness Program (Ages 8+) 6:30PM-8:00PM	6 NO SCHOOL – TOWN SCHOOLS EARLY DISMISSAL – MCKAY SCHOOL (12:30PM) WELLNESS CENTER OPEN 8:30AM-5:00PM
9 Young Explorers (Ages 6-7) 6:30PM-8:00PM Sports Night (Ages 8+) 6:30PM-8:00PM	10 Homework Help (Ages 6+) 6:30PM-8:00PM DIY Craft Club (Ages 8+) 6:30PM-8:00PM	11 Wellness Center Closed Remembrance Day	12 Gamers Club (Ages 8+) 6:30PM-8:00PM	13 AFTERSCHOOL PROGRAM 3:00PM-6:00PM JUNIOR LEADERS MEETING (AGES 10+) 6:30PM-8:00PM
16 Young Explorers (Ages 6-7) 6:30PM-8:00PM Sports Night (Ages 8+) 6:30PM-8:00PM	17 Homework Help (Ages 6+) 6:30PM-8:00PM DIY Craft Club (Ages 8+) 6:30PM-8:00PM	18 Bullying Awareness Program (Ages 8+) 6:30PM-8:00PM Movement and Mindfulness Program (Ages 6-7) 6:30PM-8:00PM	19 Gamers Club (Ages 8+) 6:30PM-8:00PM Movement and Mindfulness Program (Ages 8+) 6:30PM-8:00PM	20 NO SCHOOL – TOWN SCHOOLS WELLNESS CENTER OPEN 8:30AM-5:00PM
23 Young Explorers (Ages 6-7) 6:30PM-8:00PM Sports Night (Ages 8+) 6:30PM-8:00PM	24 Homework Help (Ages 6+) 6:30PM-8:00PM DIY Craft Club (Ages 8+) 6:30PM-8:00PM	25 Bullying Awareness Program (Ages 8+) 6:30PM-8:00PM Movement and Mindfulness Program (Ages 6-7) 6:30PM-8:00PM	26 Gamers Club (Ages 8+) 6:30PM-8:00PM Movement and Mindfulness Program (Ages 8+) 6:30PM-8:00PM	27 AFTERSCHOOL PROGRAM 3:00PM-6:00PM YOUTH CHOICE (AGES 10+) 6:30PM-8:00PM
30 Movie Night (Ages 6+) 6:30PM-8:00PM	**Reminder: Evening programs are open to all Fort McKay children (not just those registered in our After School program)** If you have any questions about our evening programs please call us at the Wellness Center at 780-828-4312			

THE WOOD BUFFALO ENVIRONMENTAL ASSOCIATION'S

COMMUNITY ODOUR MONITORING PROGRAM

SMELL SOMETHING?

TELL US

WHEN YOU SMELL AN ODOUR, SUBMIT AN OBSERVATION IN THE APP

THE COMP APP

COMP.WBEA.ORG

YOUTH PARTICIPATE IN GIRLS AT BAT PROGRAM



This summer, 12 lucky girls from the Fort McKay Wellness Center participated in the Girls at Bat program, designed by the Jays Care Foundation through the Toronto Blue Jays!

The program lasted eight weeks and activities were held every Monday and Wednesday, from the beginning of August to the end of September at the Fort McKay Baseball Field. Because of COVID restrictions, no Toronto Blue Jays or Jays Care staff could visit this year. However, the girls were happy to have Shenoah Crockett, a previous coach from Jays, directed by all program activities.

Julia Soucie, Director of the Wellness, explained that “this is the first year we became a Jays Care partner. As part of the partnership, Jays Care provided all new equipment to run the program, such as bats, balls, gloves, bases, tees, etc. They also sent Blue Jays Shirts and Hats for all the athletes. It is an amazing partnership!”

Girls at Bat is a baseball for development initiative intended to help girls across the country set lofty goals and pursue them with tenacity. The Girls at Bat program helps increase: self-esteem and self-awareness, relationships to peers,

connection to the positive role, the courage to try new challenges, the likelihood of living a physically active life and baseball & physical literacy skills.

“The girls loved learning about baseball, and half of our participants had never played baseball before, so it was a great experience,” shared Julia Soucie, Director of the Fort McKay Wellness Center. “While it looked a lot different due to COVID-19, and we could not play any actual games of baseball, the girls learned all the skills to be superstar athletes!”





JOIN YOUR LOCAL FIRE DEPARTMENT

LOOKING TO BECOME A VOLUNTEER FIREFIGHTER?

The Fort McKay Fire Department is looking for recruits! Men and women are welcome to join our firefighting team!

How To Apply?

Attend our training nights held every Wednesday from 7:30 pm - 9:30 pm at the Fort McKay Fire Hall and receive your recruitment package upon arrival.



NEW FIRE HALL

Join us as we prepare for the opening of our new Fire Hall next fall of 2021. We will have more training opportunities to help build our team serve our community.



SERVE YOUR COMMUNITY - BE APART OF A TEAM - LEARN NEW SKILLS

Must be the age of 18 or over to attend calls. 16 year old can attend training nights and assist with tasks at the hall to prepare for on call duties once 18 years of age.



NATIONAL ADDICTIONS AWARENESS WEEK

~Change Begins With Me~

November 2020 sees us celebrating National Addictions Awareness Week (NAAW) from November 22nd to 28th. This year's theme is, "Change Begins With Me!" This puts the focus on the efforts and actions of individuals and what they are doing to reduce the stigma that comes with substance use disorders. Working on changing the stigma around substance use is a big part of supporting those that are going through the journey of healing and changing their relationship with their drugs of choice.

What is Stigma?

Stigma is any attitude, belief or behavior that discriminates against people.

What is Stigmatizing Language?

Stigmatizing language and disrespectful behavior can affect the way people see themselves and how they are treated in society.

Using stigmatizing language discourages people from getting help, affects the quality of and access to health care services, and dictates policy that affects treatment accessibility.

So What Can We Do?

We can learn how to use language that is accepting and non-judgmental, we can stop using terms like "addict", "crack-head" and remember that these are people struggling with substance use. Be that person that uses language that is sensitive and caring and encourages those that are struggling with substance use to come forward and ask for help!

Instead of saying this....	Say this....
"You've been drinking a lot lately. Why can't you just stop? You know I'm concerned."	"I notice you're drinking more than usual. Have you noticed the change, or do you have any concerns? If so, is there anything I can do to help?"
"Well, I see Fred's finally back at work. It's been 28 days, so it's a no-brainer where he's been. I wouldn't have the nerve to show my face if they had to send me to detox. He must be really desperate for money to have come back. Keep an eye on your stuff."	"I was worried about Fred's health as well. I read up on substance use disorders so I could have a better understanding of what he's going through. Did you know that stigma is one of the largest barriers to getting help? I think that's why the company has medical benefits that cover substance use disorders to support them in getting help, so we don't lose valuable employees to a health condition. I'm going to make a point of welcoming Fred back to work to help encourage him."
"I don't know what Suzy was thinking last night. The last thing she said to me before the party was that she had to get home early to get her kids. Then there she was smashed, refusing to leave and it was embarrassing to be seen with her."	"It sounds to me like Suzy was thinking about her family and responsibilities. I was concerned about her health. I read some material on substance use disorders and one of the indicators is losing the ability to act according to personal values. This inability may be a sign of a serious health issue. I'm going to share some information with her, as well as my concerns for her well-being."

#StigmaEndsWithMe

<https://ccsa.ca/national-addictions-awareness-week>





THE NORTHLAND SCHOOL DIVISION (NSD)

~ News & Updates ~

COVID-19 Mental Health Resources

We understand this is a time of high anxiety for many. There is an overwhelming amount of information coming at us all. Northland School Division is here to support students, parents and community members. We have compiled mental health information from several sources.

It is normal for children to feel worried and nervous and have questions. You can support your children by reassuring them about their personal safety and health:

- Limit their access to news and online stories about the issue.
- Maintain a normal routine unless otherwise advised by an authority.
- Encourage them to talk to you about their concerns.
- Reassure them they are safe. This is a child-friendly video on COVID-19.
- Talking to Kids About Coronavirus (COVID-19)

Advise them of steps they can take to stay healthy:

- Wash hands regularly with soap and water for at least 20 seconds (sing the ABC's to measure time), especially after coughing or sneezing.
- Cough and sneeze into arm or tissue.
- Stay home if they are not feeling well.
- Keep hands away from face and mouth.
- Stay healthy by eating healthy foods, keeping physically active, and getting enough sleep.

Additional Resources for Families

Health Canada has funded a program called Wellness Together Canada that will provide anyone in Canada with free, immediate mental health and substance use support. To access the service, visit the website <https://ca.portal.gs/>.

Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada 24/7. Visit them online or call 1-855-242-3310.



COVID-19 Guidance for Parents of Children Attending School and/or Childcare

Your child has one or more of these COVID-19 symptoms: Fever • Cough (new cough or worsening chronic cough) • Shortness of breath or difficulty breathing (new or worsening) • Runny nose • Sore throat



Note: Chronic symptoms that can be explained by a pre-existing medical condition (e.g. allergies) would be considered part of the child's baseline health status. As long as these symptoms do not change, the child can continue to attend school/childcare. A child should have one negative COVID-19 test to establish this baseline.

Guidance

Your child is legally required to **isolate**

A COVID-19 test is recommended

Testing

Decide if your child will be tested for COVID-19

Yes

No

OR

Do:

Book a COVID-19 test for your child

- Online: ahs.ca/covid
- By phone: Call Health Link at 811

Try to book a test that is within 24 hours of your child's symptoms starting

Do:

Go to the COVID-19 test with your child

Before you have your child's test result

Test Result

Do:

Get your child's COVID-19 test result

It may take 1 to 3 days to get your child's test result

- All individuals who test positive for COVID-19 will be contacted by a member of the AHS Public Health team for follow-up and case management
- For more information about getting your child's COVID-19 test result, go to ahs.ca/results



Positive Test Result



Negative Test Result

Next Steps

Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?

Yes

No

Have you been told by AHS that your child is a close contact of a person who tested positive for COVID-19?

Yes

No

What to do

Your child is legally required to stay home and **isolate** for **10 days from the start of symptoms**, or until they are gone, whichever is longer.

Household members must stay home for 14 days.

What to do

Your child is legally required to stay home and **isolate** for **14 days from their last exposure to a confirmed case of COVID-19**.

Household members are **not** required to isolate as long as they are asymptomatic.

What to do

Your child is no longer legally required to isolate, but should stay home from school, childcare and other public spaces until they feel better.

What to do

Your child is legally required to stay home and **isolate** for **14 days from their last exposure to a confirmed case of COVID-19**.

If your child has symptoms after these 14 days have passed, they should stay home from school, childcare and other public places until they feel better.

Household members should stay home for 14 days.

What to do

Your child is legally required to stay home and **isolate** for **10 days from the start of symptoms**, or until they are gone, whichever is longer.

Household members are **not** required to isolate as long as they are asymptomatic.



COMMUNITY PROGRAMS

WELLNESS CENTER 780-828-2412

The Wellness Center is open!

To view a list of our planned activities for this month, please go to p. 10. You can also go to our facebook page for the latest updates.

The After School Program is still full, however, we are accepting registrations for the wait list.

You can contact us by email to fortmckaywellnesscenter@hotmail.ca if you do not have access to Facebook and would like to receive email updates or if you would like more information on latest program initiatives.

FORT MCKAY HEALTH CENTRE 780-828-2450

DR. O'CONNOR

Nov. 2, 3, 4 & Nov. 16, 17, 18
Please call in advance if you need to make an appointment with Dr. O'Connor.

MEDICAL TRANSPORTATION:

Contact 780-742-8843 for after hours
Edmonton Referral Unit
1-800-514-7106 with any questions.

PHYSIO

Mondays (9am-2:30pm) & Thursdays (9-12)

DR TAIWO.

Nov. 24, 25, 26

IMMUNIZATIONS

Contact the Health Centre to make an appointment with the Public Health Nurse

For more information on the services offered at the Health Centre, please contact the centre

STAY UP TO DATE WITH THE LATEST NEWS!!



FORT MCKAY
FIRST NATION

Stay informed by :

Listening to Fort McKay's community radio station:

106.3 fm

& going on Fort McKay's Facebook page