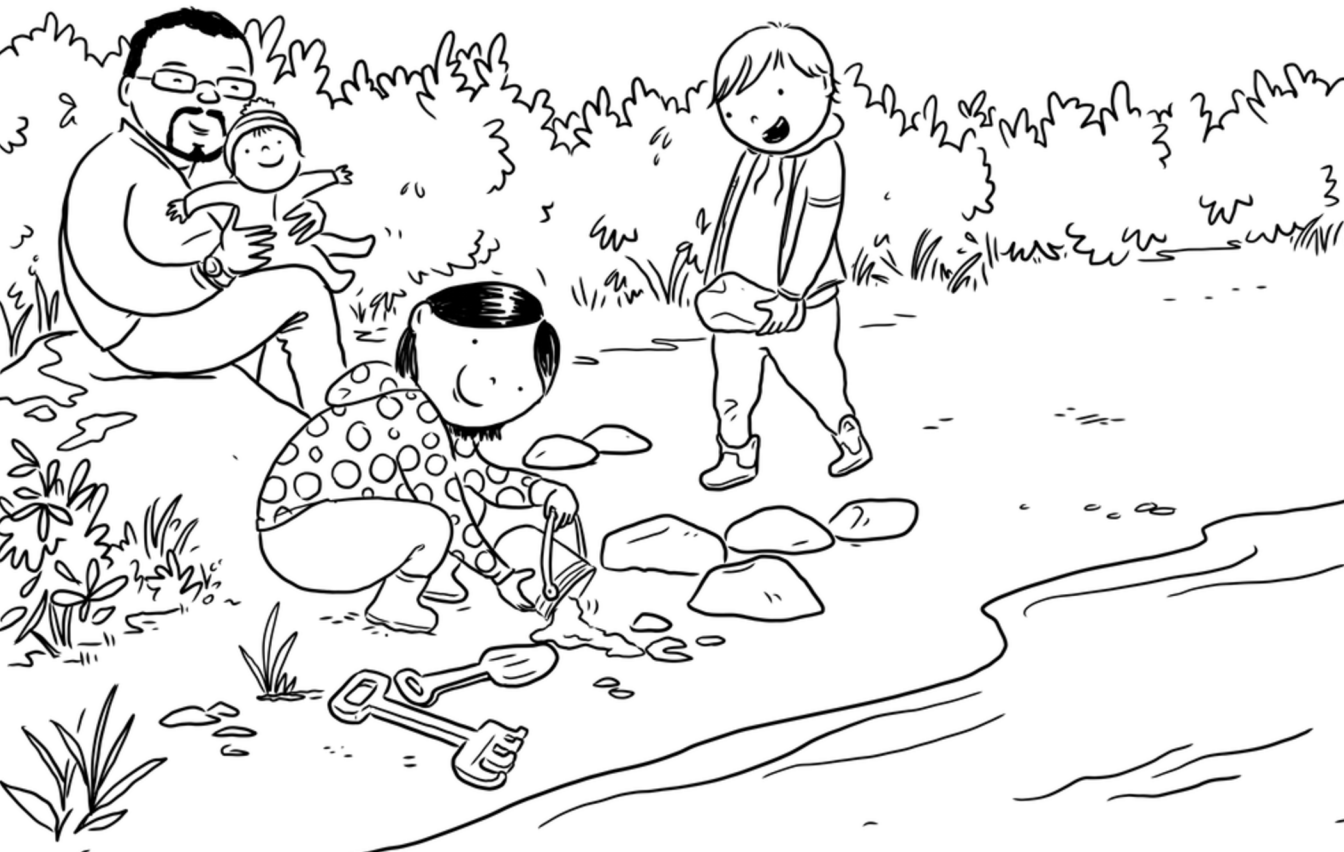
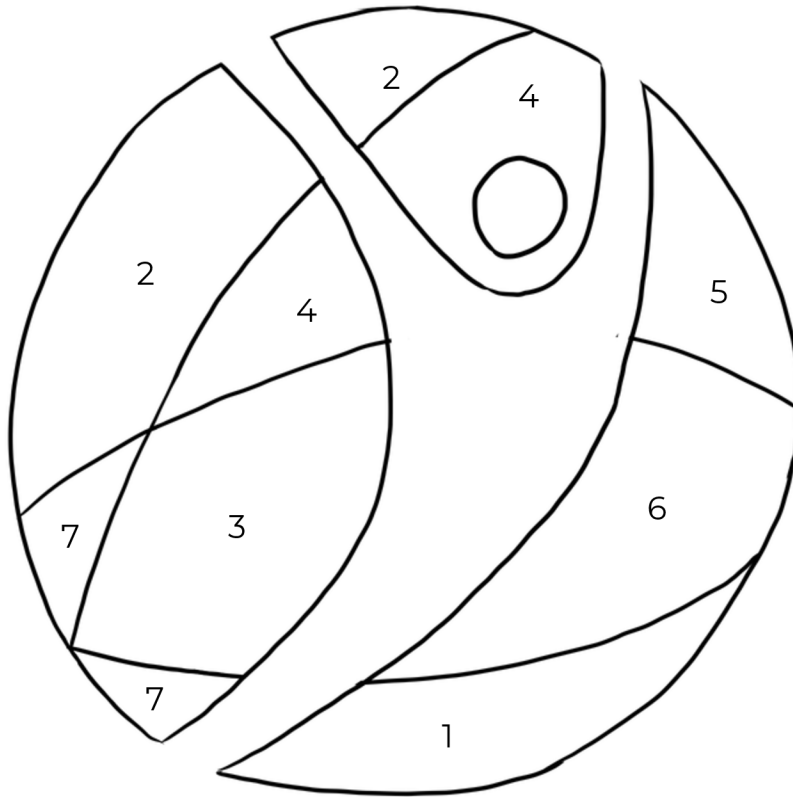




HEALTH EFFECTS
MONITORING PROGRAM

ACTIVITY BOOK





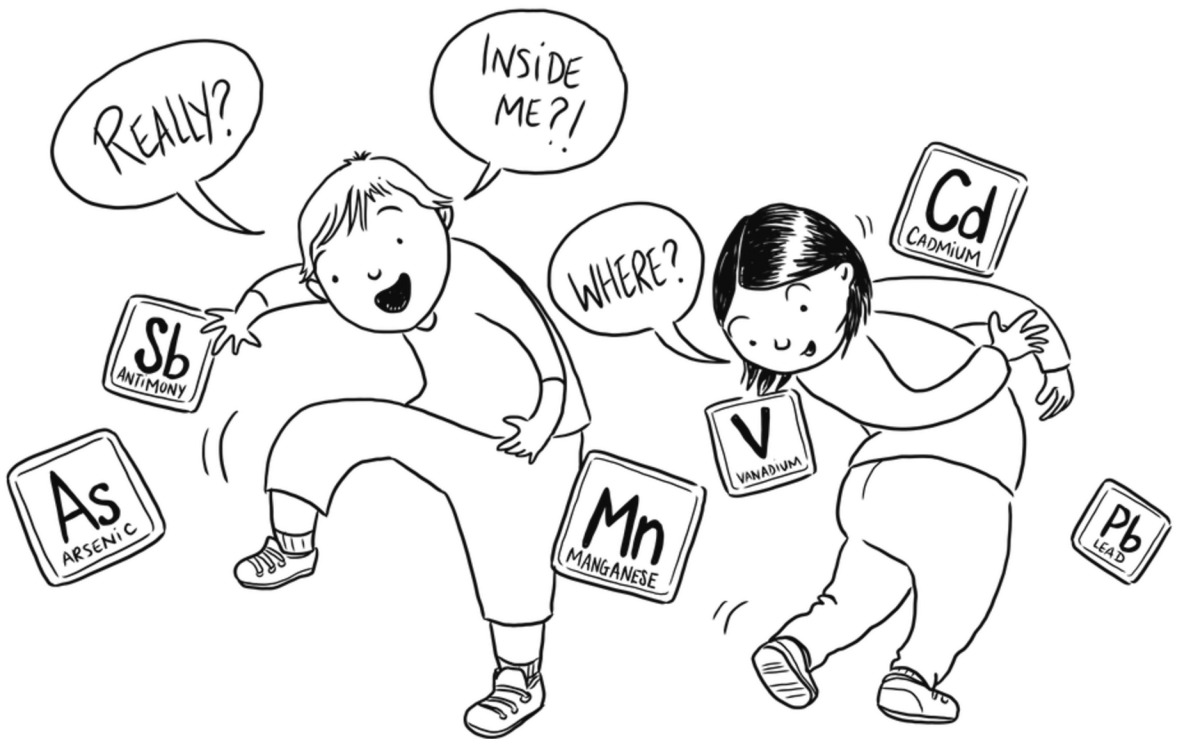
Colour-in the YKHEMP logo!

- | | |
|---------------|----------------|
| 1. Red-brown | 5. Light green |
| 2. Blue | 6. Brown |
| 3. Dark green | 7. Grey |
| 4. Green | |

WHAT is the study?

The Health Effects Monitoring Program is a study that measures the amount of arsenic and other metals in your body.

Everyone has a little bit of these metals inside of them!



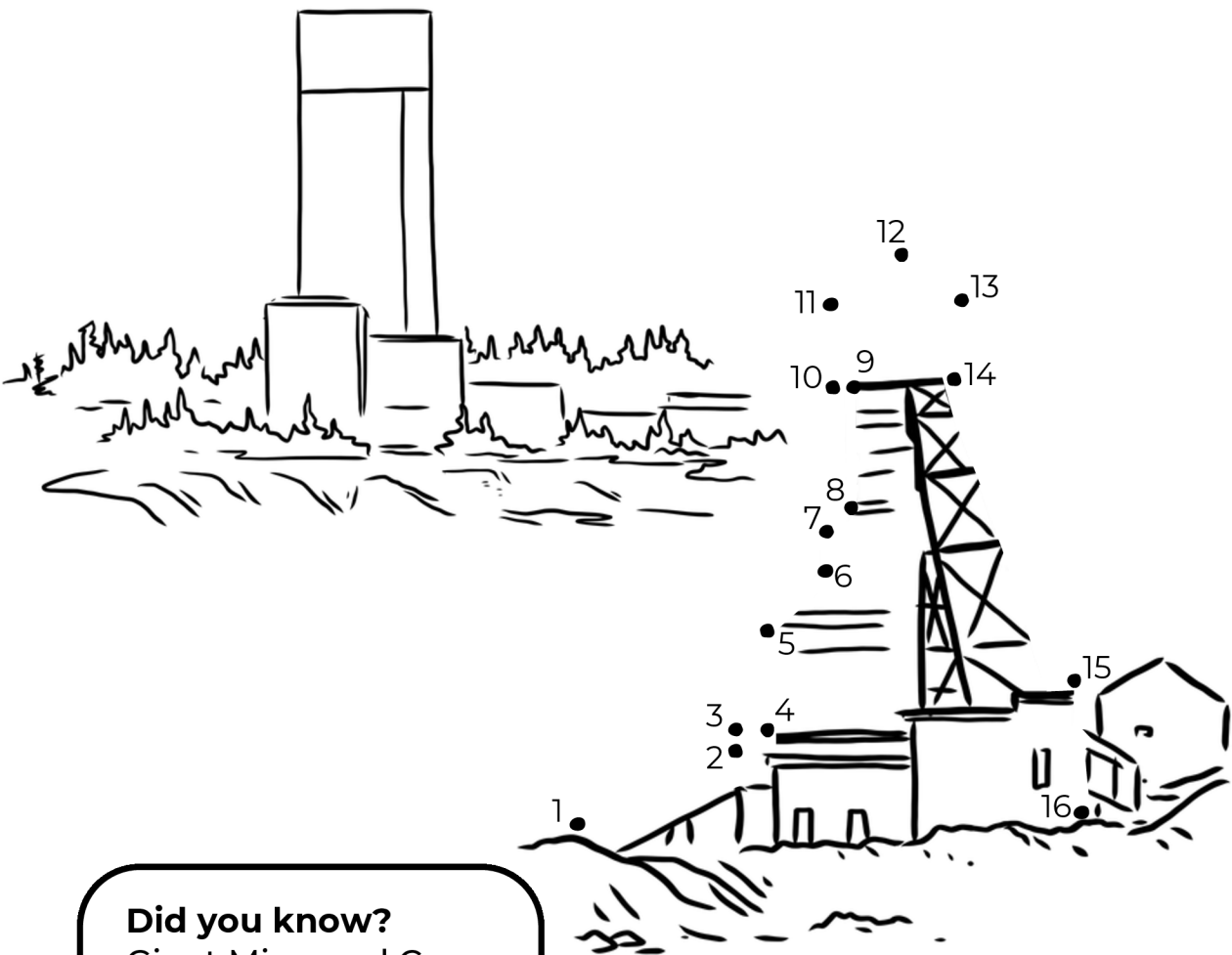
WHY test people for metals?

For decades, there were many gold mines in the area around Yellowknife. While mining for gold, arsenic and other metals were released into our environment.



We want to know if kids in Yellowknife, Ndiłq, and Dettah have the same amount of metals in their bodies as kids living in other parts of Canada.

Connect the dots on the old Giant Mine headframe:



Did you know?

Giant Mine and Con Mine were the two biggest gold mines in the Yellowknife area.

WHERE are the old mines?



Giant Mine is in the north of Yellowknife
and Con Mine is in the south of Yellowknife.

Explore this map of Yellowknife, Ndilq, and Dettah!

CIRCLE your **school** or **daycare**

DRAW a HEART around your **home**

DRAW a BOX around the **Yellowknife River bridge**

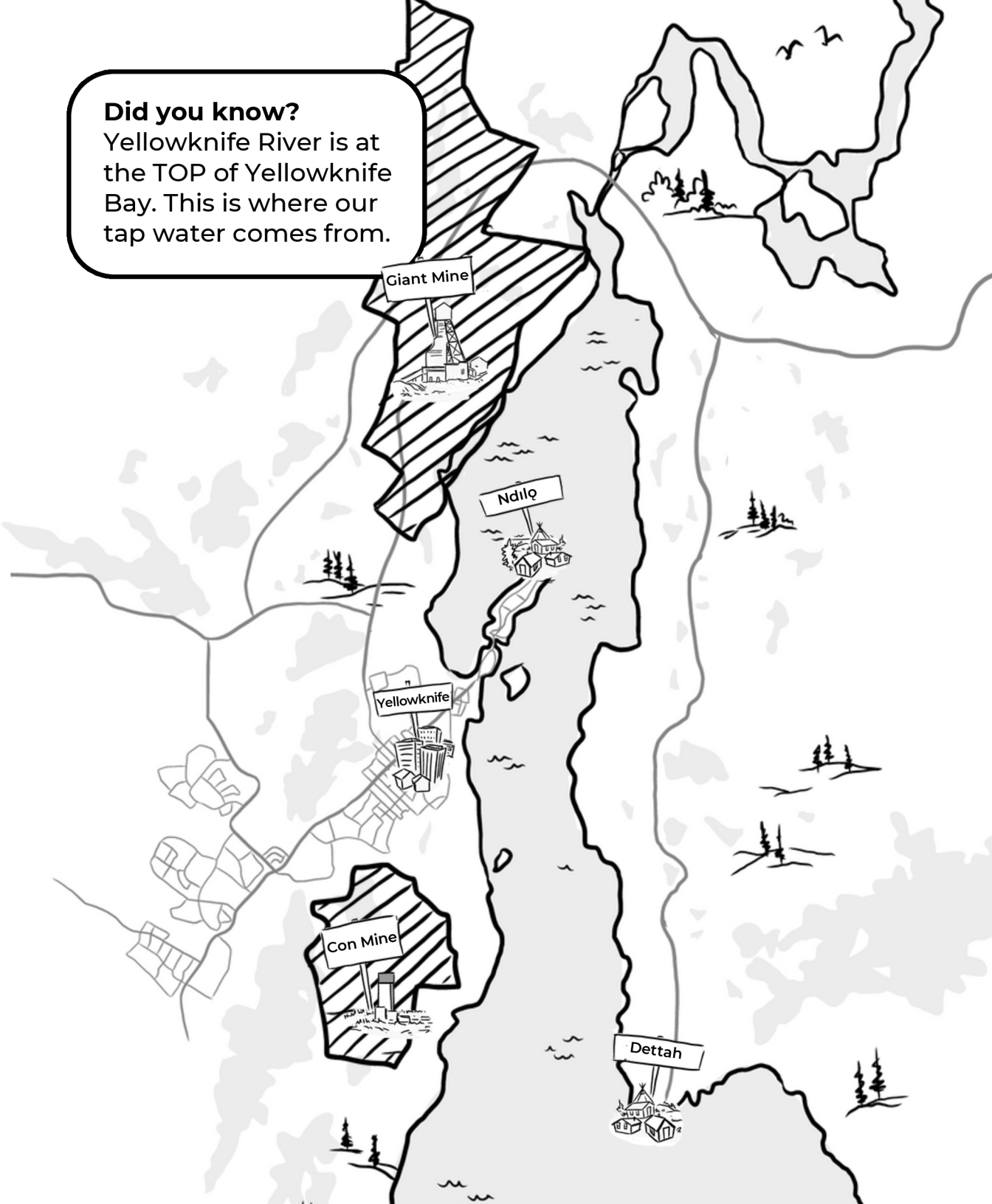
COLOUR **Giant Mine** and **Con Mine** in RED

TRACE the road all the way from **Ndilq** to **Dettah**

COLOUR the **closest lake to your house** in BLUE

Did you know?

Yellowknife River is at the TOP of Yellowknife Bay. This is where our tap water comes from.

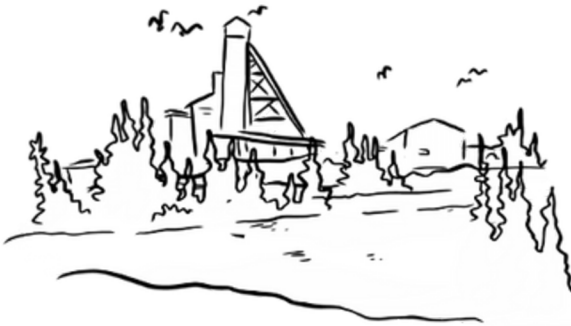


WHAT is arsenic?

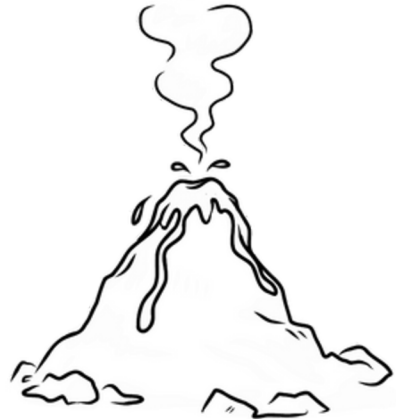
Arsenic is a natural element of the Earth's crust and is common in the environment.

Arsenic can be released from rock by:

Human activities, like mining



Volcanic eruptions



Natural weathering

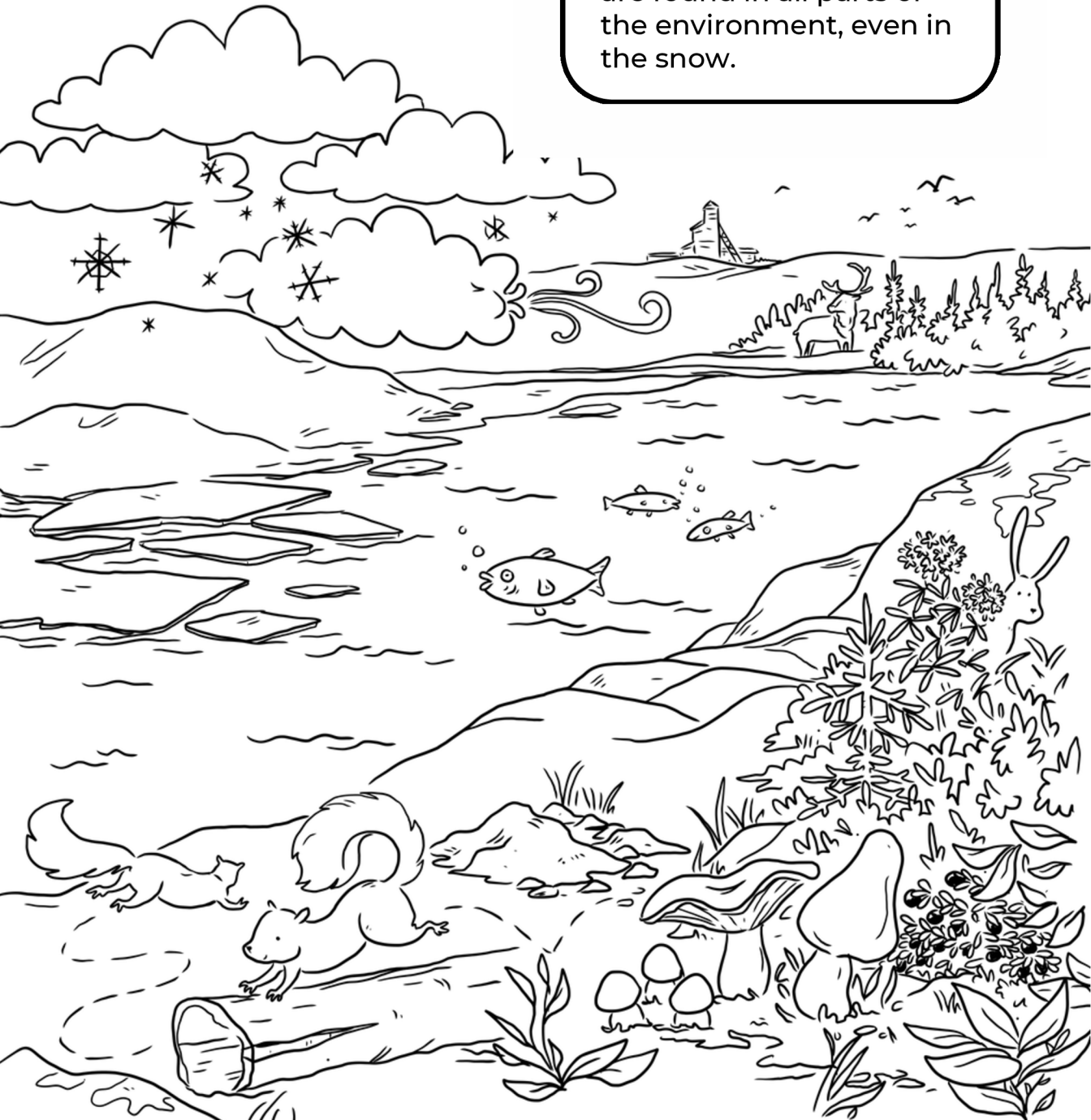


Did you know?

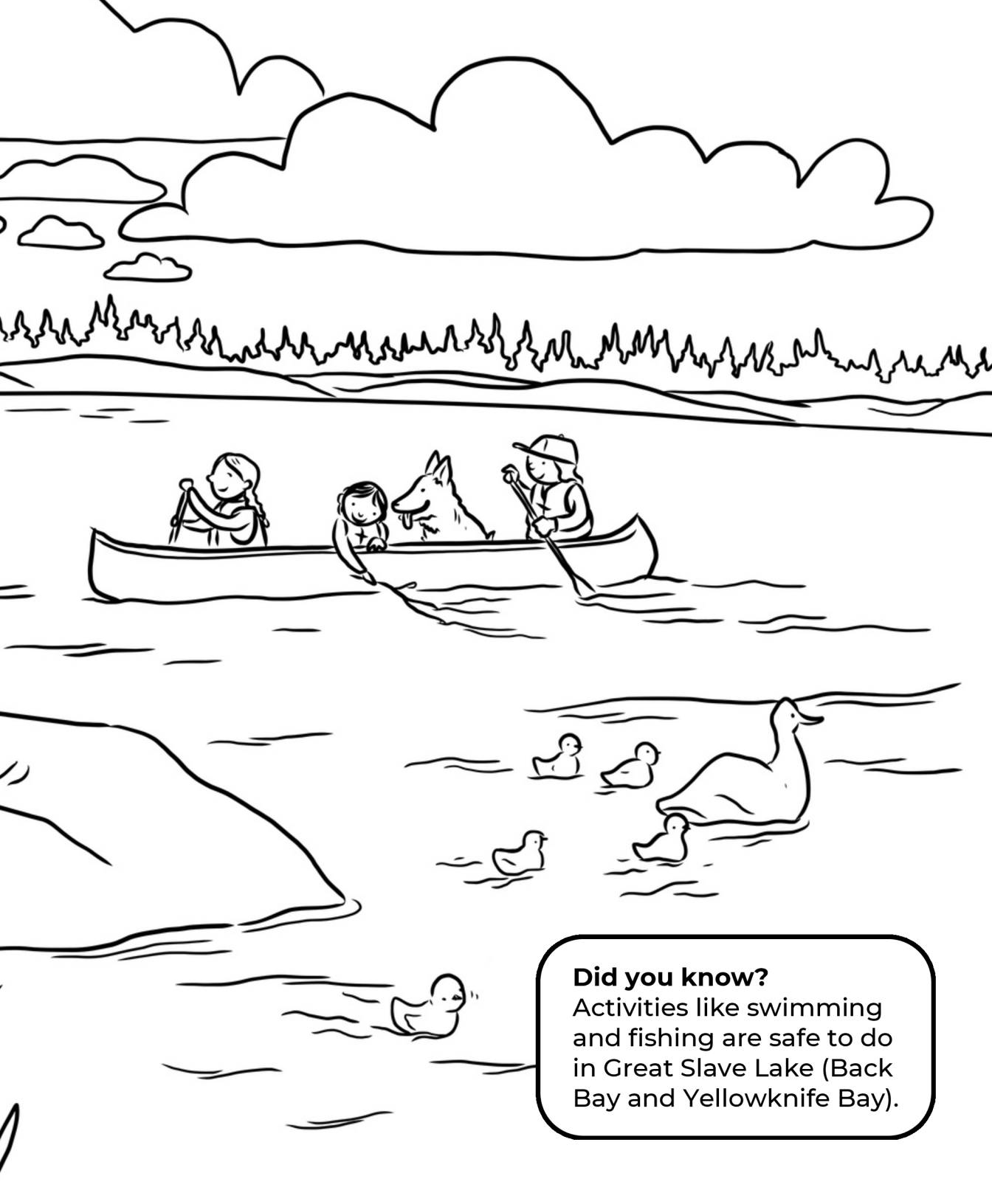
Weathering is the natural wearing down of rocks in the environment.

Did you know?

Small amounts of arsenic are found in all parts of the environment, even in the snow.







Did you know?

Activities like swimming and fishing are safe to do in Great Slave Lake (Back Bay and Yellowknife Bay).

HOW do we test for arsenic?

URINE

We'll ask you to pee in a small container. Your urine (pee) shows us how much arsenic you were exposed to in the past **3 to 5 days**.



TOENAILS

We ask you to clip your toenails and collect the clippings. Your toenail clippings show how much arsenic you were exposed to in the past **2 to 12 months**.

WHAT else do we collect?

SALIVA

We'll get you to swab the inside of your mouth. Then, we test the saliva (spit) to see your body's ability to get rid of arsenic.

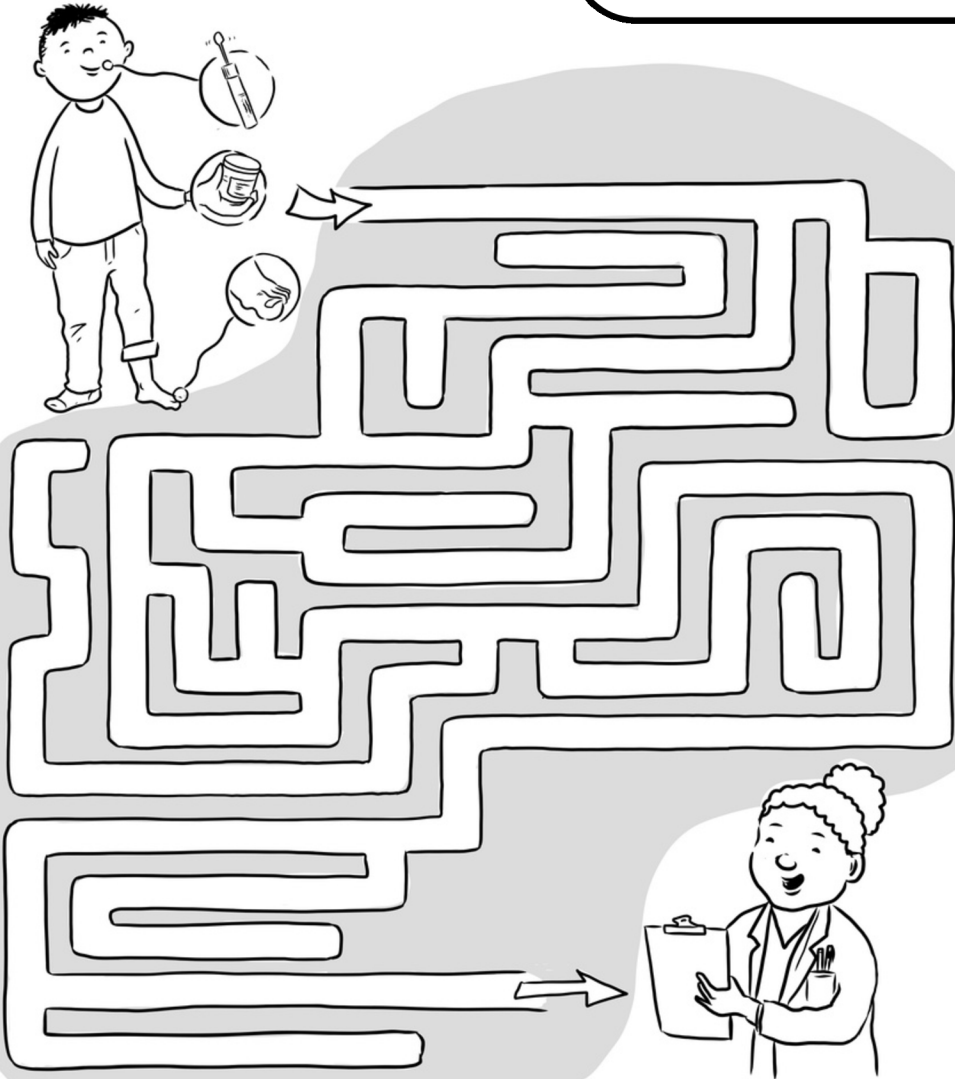


INTERVIEW

We will ask some questions about the activities you do and the foods that you eat.

Help get the urine,
toenails, and saliva
samples to the researcher.

Did you know?
Urine samples need
to be kept cold until
they get to the lab!



WHAT happens next?

After you give your samples to the research assistant, they will be sent to the lab.

You will receive a letter in the mail next year. The letter will tell you the amount of metals that we measured in your samples.



Depending on your results, you may be asked for a follow-up appointment!

WHAT are some example questions?

Where is your favourite place to go swimming?

Where does most of your water come from?

BOTTLED WATER

TAP

LAKE OR RIVER

Do you fish?

YES NO

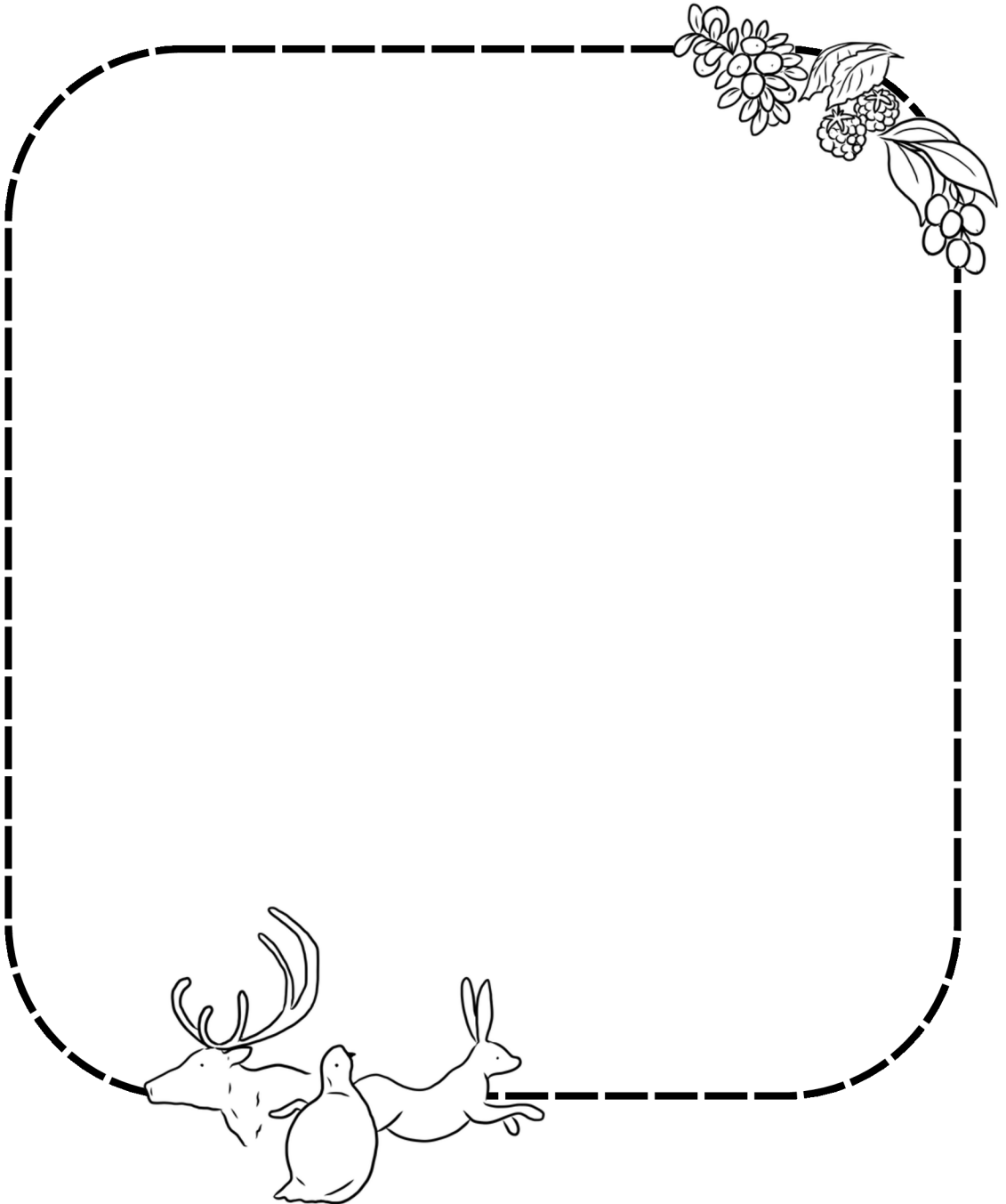
Did you know?

Tap water in Yellowknife, Ndiłı́, and Dettah is tested and is always safe to drink.



We also ask about the foods you eat.

Draw some of your favourite foods!



Find these words in the word search:

- ARSENIC
- BERRIES
- HEALTH
- CADMIUM
- FISH
- STUDY
- LEAD
- TOENAILS
- YELLOWKNIFE
- GOLD
- URINE
- DETTAH
- YKHEMP
- MONITOR
- NDILO

E	N	I	K	W	U	U	S	E	N	E	M	L	R
O	M	U	I	M	D	A	C	I	N	F	I	S	H
P	S	M	D	L	R	L	H	I	I	U	L	O	K
D	E	O	L	Y	U	F	R	E	L	D	M	O	E
M	I	L	E	I	S	U	O	R	E	E	R	L	L
Y	R	I	A	M	A	N	L	T	D	W	H	E	H
I	R	D	D	P	O	H	T	L	A	E	H	Y	Y
E	E	N	E	D	L	A	E	R	E	A	D	O	T
H	B	H	E	E	H	I	E	T	I	U	T	O	E
R	O	T	I	N	O	M	R	U	T	G	O	L	D
I	C	I	N	E	S	R	A	S	N	T	T	Y	S
N	E	T	O	E	N	A	I	L	S	O	C	N	E
N	Y	K	H	E	M	P	G	A	O	H	O	L	R
C	W	E	F	I	N	K	W	O	L	L	E	Y	M

HOW can you be part of the study?



To learn about how to participate, ask your parents to contact us using the information on the back of this book!

Questions? Contact us!

Health Effects Monitoring Program

ykhemp@uottawa.ca

867-445-1574

@ykhemp



Follow this QR code to play
Giant Mine trivia games.
(Requires Kahoot account)



HEALTH EFFECTS
MONITORING PROGRAM



uOttawa