



# LITTLE RED RIVER CREE NATION

---

November 26th, 2020.

Re: Rumours About in COVID-19 in LRRCN

To LRRCN Members and Residents,

There have been rumors on Facebook about a case of COVID-19 coming into Fox Lake. This is False. The LRRCN EMT has investigated and there is no cause for concern.

However, what is concerning is our community's response. There is still a great deal of fear about COVID-19 in our communities. This is understandable, but we must also move past this fear. It is important to look at what we know about this illness, how to prevent infection, how to prevent the spread. And then how to support the people who end up contracting this virus.

People who get COVID-19 are not our enemies. They are our friends and family. We need to support them as best we can while protecting the rest of the community. One day it might be you. I have known lots of the people in JDP who had COVID, and please understand these rumors and whisperings are very hurtful.

Fear and shaming people who have COVID-19 is called "Stigma".

If people are afraid others will find out they have COVID-19 they will:

- hide that they are sick with COVID type symptoms
- go to work or go to the store while sick
- not get tested
- Refuse to use isolation centers and instead stay home in over-crowded households
- Refuse to go to the clinic or hospital when they really need medical attention
- Not cooperate with contact tracing which is the most important part of COVID care

**If we continue to stigmatize COVID-19 we will see more infections and more deaths in the long run for the above reasons.**

Our #1 goal in LRRCN is to keep COVID-19 out for as long as possible, yes. But we must also create a community who supports its members and residents.

If you hear a rumor about someone with COVID-19 in our communities, please do not post it on Facebook. Contact the NIC at one of the Health Facilities or a member of the LRRCN Emergency Management Team and it will be investigated in a respectful manner.

Thank you,

Elizabeth Alix Mcgregor RN, BScN  
HDDEM LRRCN  
On behalf of the LRRCN Emergency Management Team

[info@lrrcn.ab.ca](mailto:info@lrrcn.ab.ca) <https://lrrcn.ab.ca/>  
PO Box 30 John D'or Prairie AB T0H 3X0  
Phone 780.759.3912 Fax 780.759.3780