From: janinemccarthy@lowerchurchillproject.ca
To: deannefisher@nalcorenergy.com
Subject: Background Info
Date: Friday, September 23, 2016 3:27:09 PM
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Muskrat Falls Mercury Info Sheet_Dec2015_Final.pdf
Muskrat Falls Dietary Survey & Hair Sampling Info Sheet Nov2014_Final.pdf
Muskrat Falls HHRA Report Summary_Dec2015_Web.pdf
Communications Plan_release of HHRA information_11Dec2015 DRAFT (2).docx

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Hi Deanne,

Here are some background materials on our HHRA program and methyl mercury monitoring in general. I also included a comms plan that we prepared when we were planning to release the results of the dietary survey and hair sampling program, this has some info and messaging that might be useful. Ultimately it was decided that the results wouldn't be released in the way described, but I think the info is still helpful for us now.

In terms of what we've said about the predicted increase, here's the basic key message that was used in the past:

• Our analysis to date shows that increases in methyl mercury concentrations are predicted to be low to moderate due to a number of factors after the reservoir is created at Muskrat Falls, then return to the current level with time. This is consistent with other hydroelectric developments across the country and around the world.

I think we can be stronger on this now, and particularly once we have the numbers together regarding what consumption advisories might look like.

I'll keep working on the outline and content for the microsite. Jackie is also pulling together some additional information that will be helpful for some of the visuals.

Thanks,

Janine

Muskrat Falls Mercury Info Sheet_Dec2015_Final.pdf

Muskrat Falls Dietary Survey & Hair Sampling Info Sheet Nov2014_Final.pdf

Muskrat Falls HHRA Report Summary_Dec2015_Web.pdf

Communications Plan_release of HHRA information_11Dec2015 DRAFT (2).docx

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You owe it to yourself, and your family, to make it home safely every day. What have you done today so that nobody gets hurt?

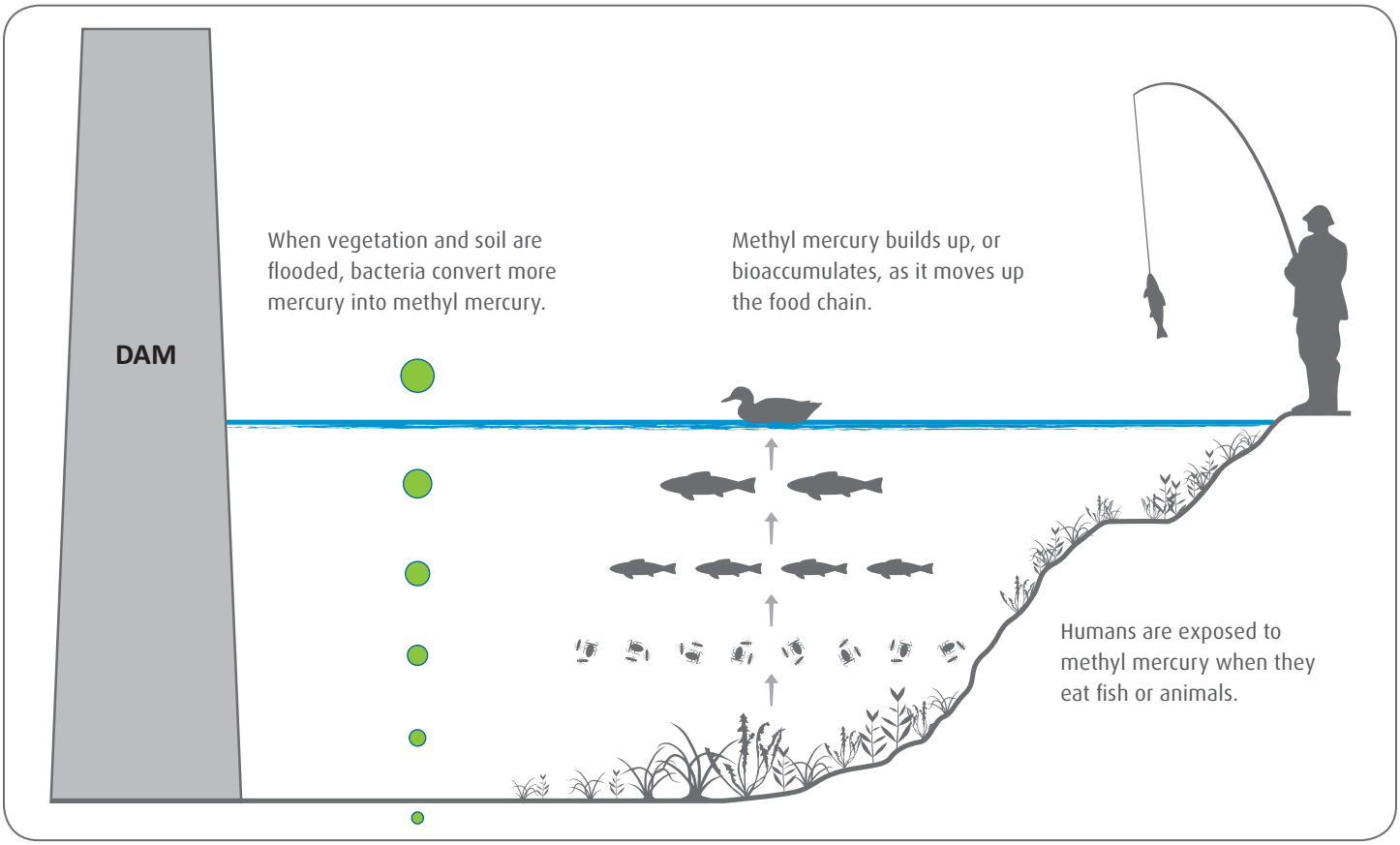
Muskrat Falls Project
Information Sheet: Methyl Mercury

WHAT IS METHYL MERCURY?

Mercury is naturally present in soil, rocks, plants and animals, and in many of the foods we eat every day. Mercury exists in different forms. When a reservoir is created, mercury naturally present in the flooded soil is released into the water. The flooded vegetation decays and provides food for bacteria. Certain types of bacteria in water can convert mercury into a different form known as methyl mercury. These conditions allow the bacteria to convert more methyl mercury because of the increase in available mercury and food.

HOW DOES METHYL MERCURY GET INTO THE FOOD CHAIN?

Methyl mercury builds up, or bioaccumulates, as it moves up the food chain. When people eat fish or other animals, they can be exposed to increased levels of methyl mercury.



WHY MONITOR METHYL MERCURY?

Health effects have been observed in people exposed to certain levels of methyl mercury. Government health agencies around the world establish target levels to identify individuals that may have an increased potential for experiencing mercury-related effects. When people have mercury levels below the target levels, these agencies suggest there are no known health effects, and that individuals may continue to consume locally-caught fish and enjoy the positive health benefits of including fish within their diet.

Methyl mercury has been studied extensively at many hydroelectric projects around the world and is well understood.

After the reservoir is created at the Muskrat Falls hydroelectric generating facility in 2016, increases in methyl mercury levels are predicted downstream, peaking approximately 10-15 years later and then returning to current levels over time. Based on modelling and analyses conducted, it is predicted that increases in methyl mercury attributed to the project will occur within the

reservoir and immediately downstream of the Muskrat Falls hydroelectric generating facility within the Churchill River. The modelling also predicted that when the Churchill River flows into Goose Bay, a rapid decrease in the concentration would occur as a result of dilution, with concentrations reaching background levels within Lake Meville.

The Lower Churchill Project is committed to carrying out regular monitoring of the water, sediment, fish and other animals within the lower Churchill River, Goose Bay and Lake Melville before and after the reservoir is created. Monitoring will continue each year until mercury levels return to current, or baseline, levels. Results of monitoring combined with baseline levels of mercury in people who live adjacent to the Churchill River will determine if consumption advisories for certain foods are needed based on Health Canada's guidance.

HOW MERCURY LEVELS ARE MONITORED FOR THE PROJECT

As part of the Muskrat Falls Project, the project team has developed a comprehensive plan to measure mercury levels in the environment, including the water, sediment, fish and other animals, as well as people living in communities adjacent to the lower Churchill River.

To date, the project has conducted various studies and monitoring programs to help inform predictions about methyl mercury increases downstream of the Muskrat Falls reservoir, such as:

- Modelling to predict how far downstream increased levels of mercury may be experienced after the reservoir is created;
- Aquatic environmental effects monitoring programs to measure current mercury levels in the lower Churchill River, Goose Bay and Lake Melville water, sediment, fish and seal populations;
- Dietary survey and hair sampling program with approximately 300 residents from communities adjacent to the Churchill River, to measure current levels of mercury among people in the area and learn about dietary habits, such as which locally harvested foods residents regularly consume;
- An ecological risk assessment to determine baseline levels of mercury in osprey, otter and amphibians, as well as water and sediment at sampling locations.

By monitoring the levels of mercury that already exist in the local environment, the project team will be better able to measure what changes occur after the reservoir is created and identify any actions needed to address the changes. Monitoring will continue until mercury levels return to their current level.

Results of monitoring programs and information about current mercury levels in the project area are available on our website at **www.muskratfalls.nalcorenergy.com**. Additional information about mercury and your health is also available from Health Canada at **www.hc-sc.gc.ca**.

CONTACT US

For more information or to speak to a member of our team, contact us:

1-888-576-5454
lowerchurchill@nalcorenergy.com
Twitter: @nalcorenergy
Facebook: facebook.com/nalcorenergy

nalcor energy
LOWER CHURCHILL PROJECT

Dec. 2015

Muskrat Falls Project: Dietary Survey & Hair Sampling Program

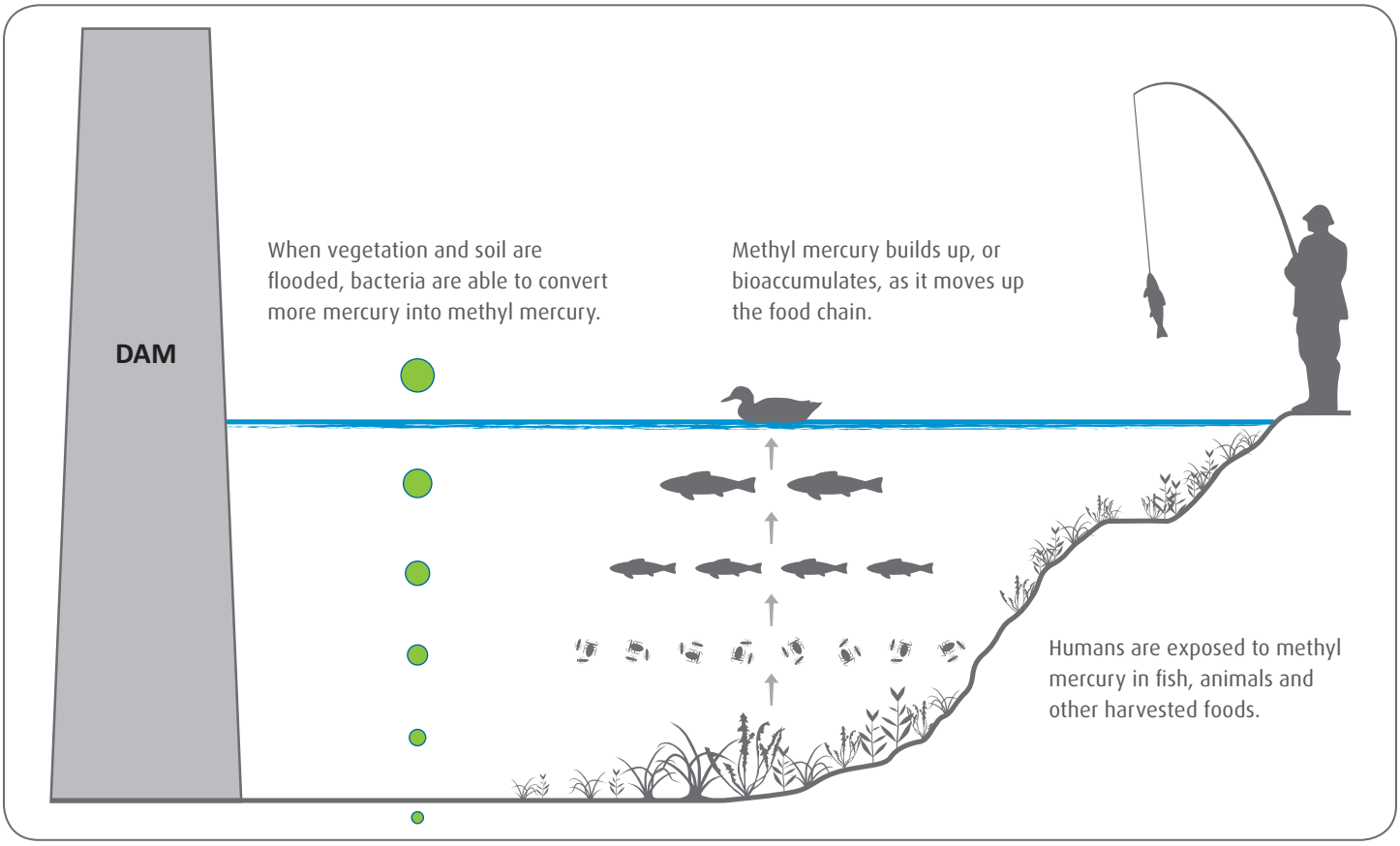
Methyl mercury has been studied extensively at many hydroelectric projects around the world and is well understood. As part of the Muskrat Falls Project, the project team is conducting research to determine baseline methyl mercury levels in Labrador communities adjacent to the Churchill River. The research study will involve dietary surveys and hair sampling with residents of all ages.

WHAT IS METHYL MERCURY?

Mercury is naturally present in soil, rocks, plants and animals, and many of the foods we eat every day. When a reservoir is created, mercury naturally present in the newly flooded soil is released into the water. The flooded vegetation decays and provides food for bacteria. Certain types of bacteria in water can convert mercury into methyl mercury. These bacteria produce more methyl mercury because of the increase in available mercury and food.

HOW DOES METHYL MERCURY GET INTO THE FOOD CHAIN?

Methyl mercury builds up, or bioaccumulates, as it moves up the food chain. When people harvest fish, animals and other foods in the area, they too can be exposed to increased levels of methyl mercury.



WHY STUDY METHYL MERCURY?

After the reservoir is created at the Muskrat Falls hydroelectric generating facility in 2016, increases in methyl mercury levels are predicted downstream, peaking approximately 10-15 years later and then returning to current levels over time. This is consistent with other hydro developments around the world.

During the environmental assessment process, the project team committed to measure baseline methyl mercury levels in communities adjacent to the lower Churchill River before the reservoir is created at Muskrat Falls. The Lower Churchill Project will also carry out regular monitoring on the lower Churchill River each year. Results of monitoring combined with baseline levels, will determine when consumption advisories for certain foods are needed based on guidelines established by Health Canada.

THE STUDY

The Lower Churchill Project is conducting research to determine baseline methyl mercury levels in Labrador communities adjacent to the Churchill River. The research will involve dietary surveys and hair sampling with residents of all ages from Sheshatshiu, North West River, Mud Lake, Happy Valley-Goose Bay, Churchill Falls and Rigolet. The project team is seeking 330 people to participate in the study.

During the dietary survey, participants will be asked questions about their diet, such as which foods they eat, how often they eat various foods, how the food is normally cooked, and serving sizes. Following the survey, a trained and qualified member of the study team will collect a small hair sample (3 cm long) near the base of the scalp.

Information and samples will be collected from participants one time only. The survey will take approximately 45 minutes to complete. The information collected will be completely confidential, however participants can request their own results from the study team if desired.

A $50 Visa gift card will be offered to a limited number of survey participants in each community.

Results of the research are expected in mid-2015. A report on the study will be prepared and available at muskratfalls.nalcorenergy.com.

DID YOU KNOW?

Hair sampling is used in major studies of human methyl mercury exposure around the world.

Methyl mercury stays in scalp hair for a long time and can indicate how much methyl mercury a person has been exposed to during the time that the hair has grown. In addition, the amount of methyl mercury in an individual's hair can reliably be linked to methyl mercury exposure through an individual's diet.

HOW TO SIGN UP

The dietary survey and hair sampling program will be conducted in late 2014 and early 2015, as noted in the schedule below:

Date	Time	Event	Location
November 24	6 p.m. - 8 p.m.	Information Session	North West River Community Centre
November 25	9 a.m. - 6 p.m.	Survey and Sampling Program	North West River Community Centre
November 26	6 p.m. - 8 p.m.	Information Session	Mary May Healing Lodge, Sheshatshiu
November 27	9 a.m. - 9 p.m.	Survey and Sampling Program	Mary May Healing Lodge, Sheshatshiu
December 1	6 p.m. - 8 p.m.	Information Session	Happy Valley-Goose Bay, Hotel North 2
December 2 & 3	9 a.m. - 9 p.m.	Survey and Sampling Program	Happy Valley-Goose Bay, Hotel North 2
December 4	12 p.m. - 2 p.m.	Information Session	Churchill Falls Community Centre
December 4	2 p.m. - 9 p.m.	Survey and Sampling Program	Churchill Falls Community Centre
December 5	8 a.m. - 10 a.m.	Survey and Sampling Program	Churchill Falls Community Centre

Note: Research will be conducted in Mud Lake early in 2015.

If you or members of your family are interested in participating in the study, sign up at a public information session in your community or contact us at:

Email: JackieWells@lowerchurchillproject.ca
Phone: 709-693-7721
Lower Churchill Project Office: 1-888-576-5454

For additional information about methyl mercury and your health, please visit Health Canada at www.hc-sc.gc.ca

Muskrat Falls Project

Summary Report: Dietary Survey and Human Hair Sampling Program

muskratfalls.nalcorenergy.com

nalcor energy
LOWER CHURCHILL PROJECT

In fall 2014 and winter 2015 a baseline dietary survey and human hair sampling program was conducted for the Lower Churchill Project (LCP) by Golder Associates, with assistance from Sikumiut Management Ltd. The program was conducted in communities adjacent to the Churchill River, and was designed to identify food consumption habits among residents and to measure current mercury levels among those living in these areas.

BACKGROUND

Prior to conducting the program, Nalcor Energy consulted with government agencies and Aboriginal groups about the baseline dietary survey and human hair sampling program. Approvals were received from Aboriginal groups and provincial research authorities to conduct the study.

The research was conducted in Happy Valley-Goose Bay, Mud Lake, North West River, Sheshatshiu and Churchill Falls. A total of 293 people took part in the study. Participants were of all ages, male and female, and close to 200 of the participants indicated that they belonged to an Aboriginal group.

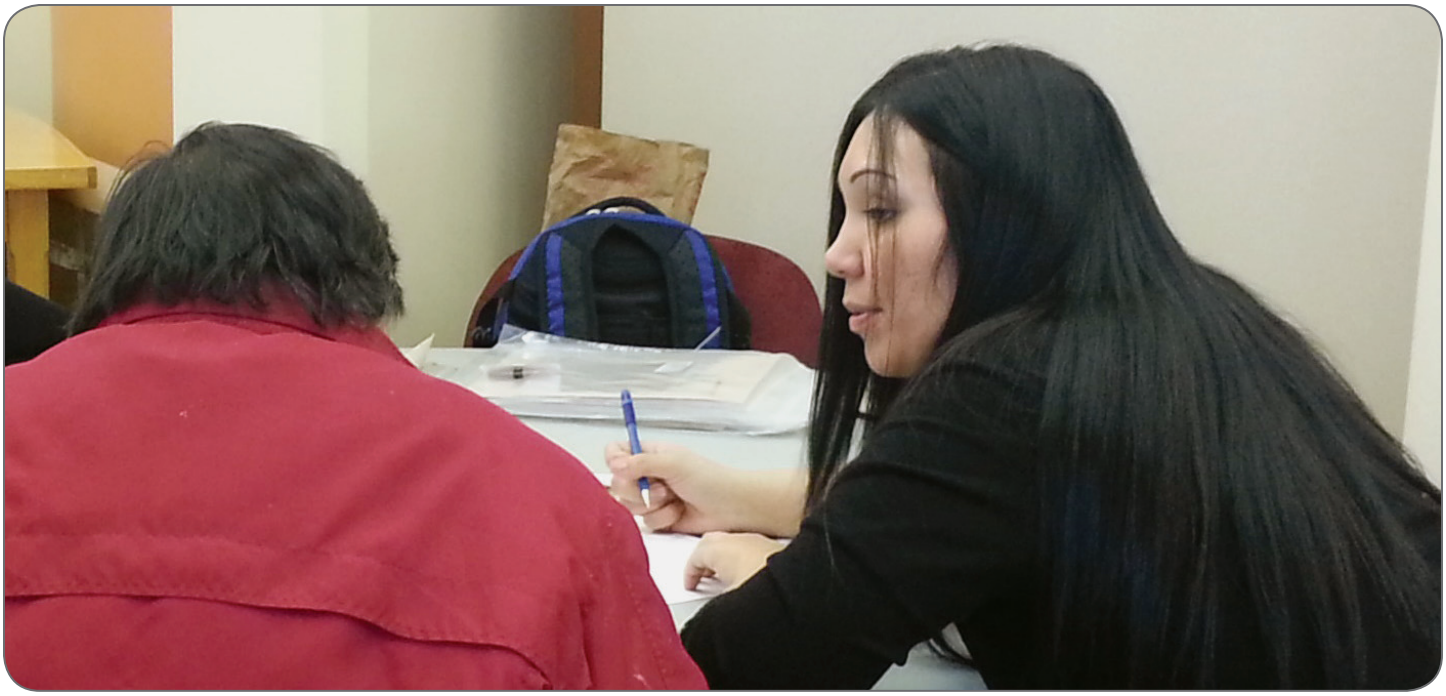
Results of the baseline dietary survey identify the country food and store-bought food people in communities near the Churchill River eat. Results of the hair sampling study provide data on current levels of mercury in people living in these communities. Findings of both the dietary survey and human hair sampling study, combined with the monitoring programs for the project that measure mercury levels in the water, sediment, fish, seal and other animals, will inform the development of the baseline human health risk assessment (HHRA) for the LCP. The baseline HHRA, which will be prepared by an independent consultant, will be used to compare any future changes in mercury levels and in determining if, and when, consumption advisories are needed.

For the study, dietary surveys and human hair samples were collected from close to 300 participants from five communities adjacent to the Churchill River in Labrador.

DIETARY SURVEY RESULTS

Results of the dietary survey indicate:

- The most commonly eaten fish are salmon, brook trout, smelt, lake trout and rock cod. Most participants eat fish once a week or less, with only a few eating fish more than once a week.
- Most survey respondents consume seal or seal organs once a week or less, with a small number consuming these more than once a week.
- The most commonly consumed birds are black duck, Canada goose, grouse and partridge. The most common species of wild bird eggs consumed are gull, duck and Canada goose. The majority of survey respondents consume bird or bird organs once a week or less, with a small number consuming more than once a week.
- The most commonly consumed mammals were rabbit, moose, and porcupine. The majority of survey respondents consume mammals once a week or less, with a small number consuming mammals more than once a week.
- Most survey respondents consume store-bought meats (e.g., beef, pork, chicken), cod, canned tuna, salmon and Arctic char.



Results of the baseline dietary survey identify the country food and store-bought food people in communities near the Churchill River eat.

Hair mercury levels ranged from <0.004 ppm to 4.34 ppm, well below the threshold of 10 ppm.

HAIR SAMPLING PROGRAM RESULTS

Government health agencies around the world establish thresholds for the level of mercury an individual can be exposed to without causing health risks. When people have hair mercury levels below the target thresholds, these agencies suggest there are no known health effects, and that individuals may continue to consume locally caught fish and enjoy the positive health benefits of including fish in their diet.

The mercury hair threshold of 10 parts per million (ppm) has been selected for this baseline study, which is based on Health Canada's intake guidelines. It also represents the lower end of a range of thresholds applied at other hydroelectric projects within Canada. The threshold of 10 ppm is based on the protection against health effects on children and adults, including sensitive groups such as very young children and pregnant women.

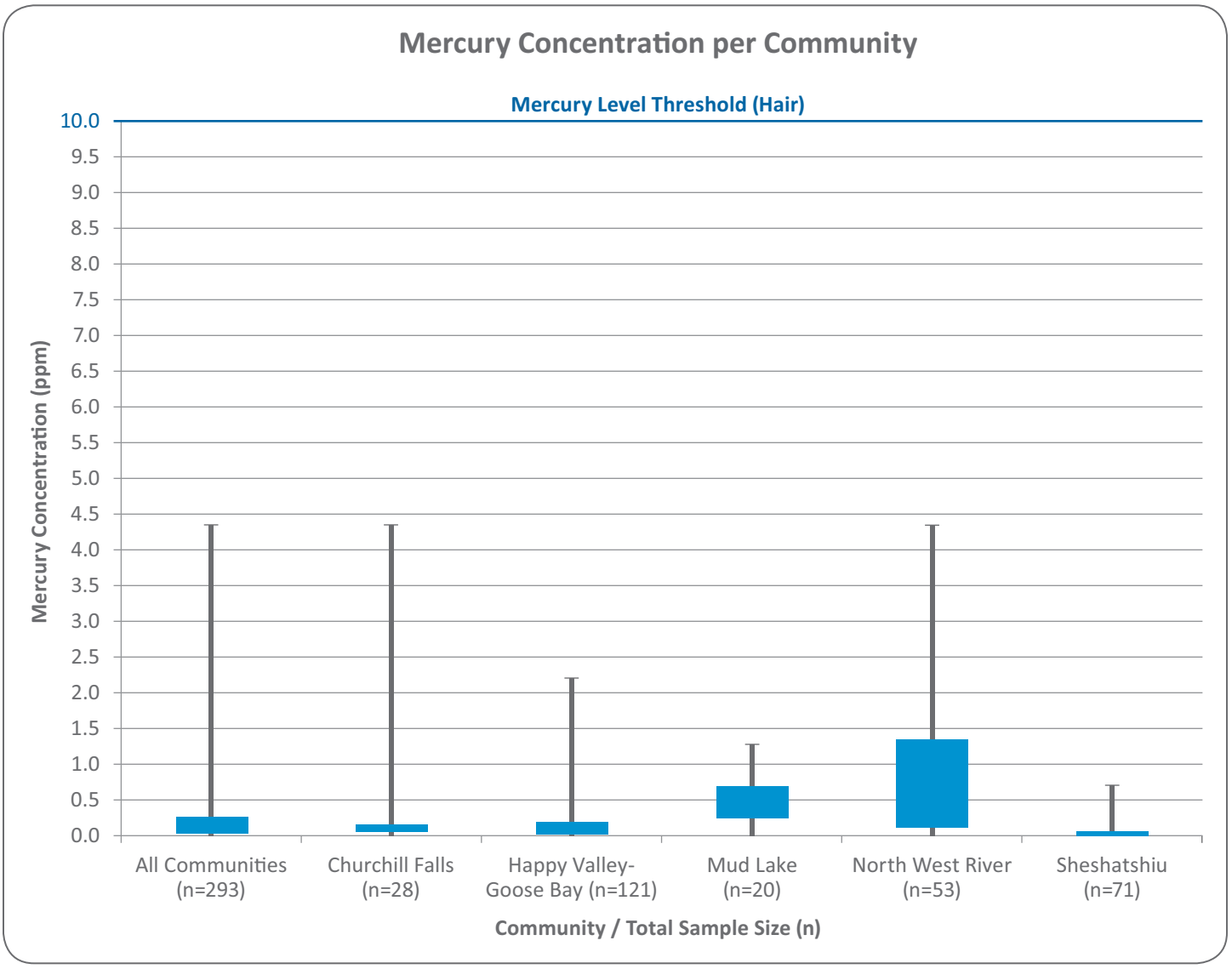
Results of the hair sampling analysis indicate:

- The amount of mercury in hair from all participants was below the selected threshold of 10 ppm. Hair mercury levels ranged from <0.004 ppm to 4.34 ppm.
- The average mercury level in all hair samples was 0.3117 ppm.
- Generally, males had higher levels of mercury than females, and adults had higher levels of mercury than children.
- In general, hair concentrations in participants from the communities of Mud Lake and North West River tend to have higher mercury levels than Churchill Falls, Happy Valley-Goose Bay and Sheshatshiu. This may be the result of higher consumption of fish and seal by Mud Lake and North West River than the other communities, as was recorded in the dietary survey.

DID YOU KNOW?

Hair sampling is used in major studies of human mercury exposure around the world. Mercury stays in scalp hair for a long time and can indicate how much mercury a person has been exposed to during the time that the hair has grown. In addition, the amount of mercury in an individual's hair can reliably be linked to mercury exposure through an individual's diet.

The chart below presents the mercury concentration among residents in five communities where the study was carried out. As previously noted, the amount of mercury in hair from all participants was below the selected threshold of 10 ppm. The blue boxes represent the range of concentration within which 50% of the study participants fall for each community. The grey line above and below the boxes each represent 25% of the remaining participants.



FOR MORE INFORMATION

The full study report is available on the Muskrat Falls Project website at **www.muskratfalls.nalcorenergy.com**.

For more information or to speak to a member of our team about the study, contact us:

1-888-576-5454

lowerchurchill@nalcorenergy.com

Twitter: @nalcorenergy

Facebook: facebook.com/nalcorenergy

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LOWER CHURCHILL PROJECT

DRAFT COMMUNICATIONS PLAN

Public release of information about Methyl Mercury and Results of the Dietary Survey and Hair Sampling Program for Muskrat Falls Project

Consulted With: Gilbert Bennett, Karen O'Neill, Dawn Dalley, Jackie Wells, Peter Madden	**Date Drafted:** Dec 8, 2015 **Drafted By:** Janine McCarthy/Karen O'Neill **Revised: 11 December 2015**	**Update Date: Week of Dec 14, 2015 (Date TBC)**

COMMUNICATIONS ANALYSIS

PUBLIC ENVIRONMENT

- For years there have been ongoing questions and dialogue about the effects the Muskrat Falls Project will have on methyl mercury levels downstream from the project (Lake Melville).
- Nalcor has been open about its research and approach to baseline testing and monitoring methyl mercury levels in the lower Churchill River.
- Following a public campaign launched by Nunatsiavut Government in fall 2015 suggesting methyl mercury levels will be higher than those predicted by the Nalcor, this issue continues to generate public and media interest, and raises suspicions about Nalcor's efforts to protect the health and safety of people living in the area, as well as the environment.

BACKGROUND AND CURRENT STATUS

Throughout the environmental assessment process for the Lower Churchill Project (generation), Nalcor Energy committed to gather data in communities adjacent to the Churchill River to better understand how people may be exposed to methyl mercury in their diet and their current level of exposure (known as Human Health Risk Assessment (HHRA)). The HHRA program is just one component of the project's larger, comprehensive plan to measure mercury levels in the environment, including the water, sediment, fish and other animals in the lower Churchill River, both before and after the reservoir is created at Muskrat Falls.

Increased methyl mercury concentrations occur with flooding. It is a known impact of hydroelectric developments which utilities across Canada have been assessing and mitigating for decades. As part of the environmental assessment process, Nalcor conducted methylmercury modeling in the project area as a tool to predict the geographical extent of increased methylmercury levels in the lower Churchill River system, including Lake Melville, as a result of the project. Nalcor consulted with key stakeholders and Aboriginal groups throughout the process and is committed to continuing consultation efforts regarding monitoring programs for the project.

Based on the results of modeling studies, combined with additional analysis and research of the local environment, increases in methylmercury levels within the reservoir and immediately downstream of the Muskrat Falls hydroelectric generating facility are predicted after the reservoir is created at Muskrat Falls, peaking approximately 10-15 years later and then returning to current levels over time. Predictions indicate methylmercury concentrations in water will increase from 0.5 ng/L to 0.08 ng/L in the reservoir and downstream of the facility. The modelling also predicted that when the Churchill River flows into Goose Bay, a rapid decrease in methyl mercury concentration would occur as a result of dilution, with concentrations reaching background levels in Lake Meville. It is predicted that values will return to baseline 25-35 years after impoundment.

Nalcor is currently executing a comprehensive environmental effects monitoring program that includes measuring current mercury levels in the environment, such as water, sediment, fish and other animals, as well as people living in communities adjacent to the lower Churchill River. Monitoring will continue after the reservoir is created to identify changes in mercury levels as well as any actions needed to ensure the health and safety of those living nearby, such as consumption advisories on foods consumed by local residents. Consumption advisories, which are established based on Health Canada guidelines, educate residents on the amount of fish which can be safely consumed and are a key mitigation measure for increases in methylmercury concentration. Results of the project's ongoing sampling and monitoring programs will determine methyl mercury levels in various fish species and, in turn, will help determine potential advisories required.

Based on environmental assessment modeling studies, significant increases in methylmercury for fish species in Lake Melville are not anticipated, but Nalcor is implementing the noted program to confirm these predictions. Nalcor will continue monitoring until methylmercury levels return to baseline, as measured before the reservoir is created at Muskrat Falls.

Dietary Survey and Hair Sampling Program

In fall 2014/winter 2015 the project conducted baseline research in Labrador, carrying out information sessions with residents, completing dietary surveys and collecting hair samples. In total, 300 people from five communities participated (Churchill Falls, Happy Valley-Goose Bay, Mud Lake, North West River, Sheshatshiu). The dietary survey involved asking people in these communities how much and what kind of fish, country food and store-bought food they eat, where they fish and hunt/trap wild game in the area, and what times of year they fish, hunt or trap. Human hair sampling is a proven method of determining how much mercury an individual has been exposed to over a period of time. Information and samples were collected from residents across various age groups and genders.

Additional Research Completed by Nunatsiavut Government

In 2014/15, Nunatsiavut Government funded research regarding methylmercury levels and predicted downstream impacts from the development of Muskrat Falls. Results of the research, conducted by a team of researchers associated with Harvard University, suggested methyl mercury levels may be greater than predicted by research completed for Nalcor and that significant impacts could be experienced downstream if immediate action were not taken to remove all vegetation from the Muskrat Falls reservoir area. In October 2015, Nunatsiavut Government launched a public campaign encouraging government representatives to re-evaluate methyl mercury mitigation approaches being used on the project and, ultimately, misleading the public and its members about the likely impacts to people living in the area.

It is Nalcor's position that this research does not provide evidence that would support a change to the project's environmental effects monitoring program. Clearing for the Muskrat Falls reservoir is ongoing. Vegetation and trees in the reservoir will be removed to the extent practical and where activities can be carried out safely by the project's contractors. Prior to the start of construction, detailed analysis of this approach indicated that it would be best from an environmental protection, safety and technical perspective to maintain vegetated buffer on water bodies along steep slopes in the future Muskrat Falls reservoir. It has been predicted that removal of all of the vegetation would lead to a negligible reduction in methyl mercury levels downstream of the generating facility. This was reaffirmed by the Lower Churchill Project Joint Review Panel and noted in their final report.

Throughout the life of the project, Nalcor has consulted on various issues with Nunatsiavut Government. All environmental effects monitoring plans required as per the release order were provided to Nunatsiavut Government for review and comment, and clarification provided and revisions made as necessary. When approached by Nunatsiavut Government to provide funding for its baseline dietary survey and human bio-monitoring program, Nalcor offered to assist, however the offer was not accepted. As a result, Nalcor conducted its own research in communities in the project area, but did not receive approval from Nunatsiavut Government to conduct the research in Rigolet, as planned.

STRATEGIC CONSIDERATIONS

- At the time the Dietary Survey and Hair Sampling research was conducted, approximately 250 participants confirmed they would like to receive a copy of their individual results when available.
- Results of the research are now finalized and the project is preparing to distribute results and a plain language summary of the survey results to participants by the end of 2015. The full report will also be made available on the project's website.
- LCP anticipates distributing the results to participants the week of December 14.
- The campaign by Nunatsiavut Government has generated continued public and media interest, and raises public suspicions about Nalcor's efforts to protect the health and safety of people living in the area. The campaign has received traction in the media as well as with provincial MHA's.
- Several prominent opponents have voiced their concern over the new research by Nunatsiavut Government that shows the potential for increased levels of methyl mercury in Lake Melville. These include Amnesty International, David Suzuki Foundation, as well as two individuals who sat on the Lower Churchill Project Environmental Assessment Joint Review Panel.
- Nalcor has received a request from CBC Radio to appear as a guest on Cross Talk on December 16, 2015, with Sarah Leo, president of Nunatsiavut Government. While Ms. Leo has confirmed, to date no commitment has been made for LCP participation. The show will air regardless of LCP participation.
- The new Cabinet will be sworn in on December 14 and MHA will be sworn in on December 18.

TARGET AUDIENCES

Internal:

Nalcor/LCP Boards
Nalcor Leadership Team
LCP and Nalcor employees
Muskrat Falls Project workers

Government:

Government of NL
- Premier's Office and Department of Natural Resources
- Government Oversight Committee
- Cabinet

Federal Government
- Natural Resources (and MWH (IE))

External:

Survey Participants
Innu Nation, Nunatsiavut Government, NunatuKavut Community Council
Residents in upper Lake Melville
NL Public
Canadian Hydropower Association
Canadian Electricity Association
NL Media
LCP primary contractors and partners: (EmeraNL, Valard and Astaldi)

COMMUNICATIONS GOALS/OBJECTIVES

- To reassure the public that significant consideration for people's heath has been taken in the design and construction of the Muskrat Falls Project.
- To inform people in the Lake Melville area that Nalcor has a comprehensive environmental program that is closely monitoring the levels of methyl mercury in the project area.
- To inform the public that current research does not predict significant downstream effects on people's health.
- To generate awareness about the comprehensive environmental effects monitoring programs in place for the Muskrat Falls Project.
- To share information and results of the dietary survey and human hair sampling program in an open and transparent manner, and generate awareness among local residents and survey participants that results of the program are now publicly available.

COMMUNICATIONS APPROACH

Nalcor's approach is to proactively issue a news release about the release of the survey results, have information readily available for the public and stakeholders about methyl mercury, and conduct media interviews to address the recent concerns raised in the public about methyl mercury in relation to the construction and operation of the Muskrat Falls Project.

KEY MESSAGES *(To Be Updated on Monday)*

- The health and safety of people living in communities near the project area is our number one priority on the Muskrat Falls Project. Nalcor takes methyl mercury concerns very seriously and we are undertaking a number of studies to monitor mercury levels in the project area and minimize potential impacts on those living nearby.

- Nalcor has consulted with Aboriginal groups, key stakeholders, and the general public in Upper Lake Melville to gain insight into the concerns of community members.

- Nalcor is executing a comprehensive Environmental Effects Monitoring Program that includes measuring current mercury levels in the environment, including the water, soil, fish and other animals, as well as for people living in communities adjacent to the lower Churchill River. Monitoring will continue after the reservoir is created to identify changes in mercury levels as well as any actions needed to ensure the health and safety of those living nearby, such as consumption advisories on foods consumed by local residents.

- Based on environmental assessment modelling studies, we do not anticipate significant increases in methyl mercury for fish species in Lake Melville, but are implementing the noted program to confirm these predictions.

SPOKESPERSON

Gilbert Bennett, Vice President, LCP

COMMUNICATIONS MATERIALS

Materials Required:

1. News release on the release of the Dietary Survey and Hair Sampling program
2. Summary report of program results for distribution to survey participants
3. Information sheet/one-pager about LCP environmental monitoring programs related to mercury

ROLL OUT SCHEDULE

Date	Activity
December 3-11	Finalize letters to participants indicating personal results and summary report.
	Update key messages about results of the research study.
December 14	Individual results of the dietary survey and hair sampling program are mailed to participants, including a summary of the report and an information sheet/one-pager about LCP environmental monitoring programs related to mercury.
December 15 (p.m.)	Information sheet/one-pager and report summary posted on Muskrat Falls Project website.
	Full report of the dietary survey and hair sampling program posted on the Muskrat Falls Project website.
	Participation in CrossTalk (CBC Radio) in final 10 minutes of program.
	Media monitoring to assess public discussion and opinion.
December 16	Follow up interviews and continued media monitoring of public discussion and opinion, as required.