

June 25, 2020
Public Update on COVID-19

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Wemindji
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Mistissini
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Church Services

It is understood how important Church services are and people are encouraged to carry out Church related activities within the context of the parameters of Phase 2, for example outdoor services limiting the attendance to 5 households would be encouraged, indoor service would need to remain limited to two households including the celebrant or minister. All services are encouraged to respect the social distancing requirements. The services will be able to proceed with greater flexibility in Phase 3.

Hockey Activities

There should be examination of the training and activities that don't require gathering or being confined spaces. Cardio training outdoors for example can be maintained so long as people keep the required distance from one another.

Although the Cree Health Board is constantly working to increase its screening capacity it is important to understand the inherent limits in testing. First, the test works well at identifying potential asymptomatic contagiousness. Therefore it is useful for determining potential positive cases but it is not reliable when looking for confirmation that someone does not have COVID-19. In this regards it is 50%-60% reliability on negative tests. This is why the test is being used to screen those that have symptoms or are at high risk. There is currently a limited capacity and for this reason it is reserved for high risk cases and front line health workers.

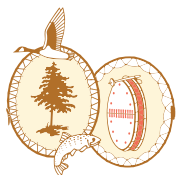
Because it is safe for people to travel between communities, the level of risk is analyzed for the whole region (and not for each community); consequently, the deconfinement phases can be uniform across Eeyou Istchee.

Public Health team will continue to provide support communities in deciding which services to reopen and how to do it safely. Organizations may send their request to: 18tcr.phcovidteam@ssss.gouv.qc.ca or covidrisk@cngov.ca

Quebec is still seeing a steady decline in cases and things are improving quickly, hopefully the trend continues for a number of weeks so that they can be considered safe again for members of the Cree Nation to go there again. There is still close monitoring of Region 02 (Saguenay-Lac St-Jean) and Region 08 (Abitibi), both regions have not reported any cases in the last 2 days.

With 10 cases recovered, regular testing for COVID-19 in Eeyou Istchee is currently at:

- 539 regular tests have been administered
- 529 returned negative
- 0 waiting for results



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The Cree Health Board is doing more screening tests focusing on Health Workers, patients returning home and other high-risk groups such as elder's home workers. The current Screening results are:

- 445 screening tests
- 2 awaiting results
- 443 returned negative



With regards to travel, the Cree Health Board would like to remind people that it is considered safe to travel for non-essential reasons within Eeyou Istchee, between communities and within Region 10. Self-Isolation is not required with travelling within Eeyou Istchee Region, with the exception of specific work sites.

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Therefore, for now, the **Areas Representing a Risk** are:

- Anywhere outside Eeyou Istchee, Nunavik and Region 10
- Any mine site
- Any forestry camp
- Any Hydro-Quebec site

Travelling to these areas will require self-isolation.

It is extremely important to practice physical distancing and precautionary measures. Everyone must do what they can to protect fellow community members. Please also note that your community may have a more narrowly defined area where it is considered safe to travel and it is very important to remain informed of your local self-isolation requirements.

If you feel like you may need someone to talk to during these challenging times, please contact the Cree Health Board's **Psychosocial** Health Line: **1-833-632-4357**. The Cree Health Board would also like to inform people that specialists with a traditional approach to healing are also accessible through the same number.

Cree School Board

Secondary 4 and 5 official transcripts will be received 2nd week of July.

Post-Secondary applications have been reviewed and responses will be sent out shortly. PSSS offices in Montreal and Gatineau are closed but staff can be reached by phone or email.

The Cree School Board is actively planning for the return of teachers in August and ensuring that all schools are properly staffed for next year while meeting the needs for isolation and other precautionary measures. Other files continue to move such as the Cree Cegep file and capital plans for new schools. The organization is working hard to ensure a safe environment and procedures for students and staff in the upcoming year.