

June 30, 2020

Public Update on COVID-19

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Cree Board of Health and Social Services of James Bay

Worldwide COVID-19 continues to spread at alarming rates. Countries continue to struggle with the challenge of trying to deconfine in a responsible manner.

It would appear that a 2nd wave is being felt in the regions that saw the first cases of COVID-19, as Quebec saw their first cases 3 months later, it is expected the same would apply for the second wave which could be expected in 3 months.

Neighboring regions continue improve, Region 2 – Saguenay-Lac-St-Jean has not had a new case since June 25th. The same applies to Region 8 – Abitibi, however there is concern with Abitibi as the origin of the 4 active cases is still not known which is a cause for concern. Montreal is now averaging 25-30 cases per day and continues to improve. There is still concern however that despite the dropping case numbers there may still be an issue with the ability to carry out the necessary contact tracing.

The Cree Nation is currently in Phase 2 and limited activities can proceed in accordance with the following measures and restrictions:

Increasing the size of outdoor social gatherings

A maximum of 5 households are allowed to meet outdoors, given adequate ventilation and space to allow physical distancing between people from different households. It is important to continue avoiding direct contacts (shaking hands, hugs, etc.), as well as the sharing of food, utensils, etc. Individual sports that can be practiced outside are also allowed (walking, jogging, cycling, etc.). Team sports will resume in Phase 3 only.

Resuming small scale indoor social gatherings

Indoor social gatherings are now allowed, for a maximum of 2 households, and only those visited already during Goose Break.

Reopening all local business as well as all local public services

Only if all precautionary measures are in place, including screening for symptomatic workers, self-isolating those who traveled to areas of risk, as well as making sure both workers and clients are observing hygienic and physical distancing measures recommended.

Restaurants are being allowed to open with adapted measures.

Resuming all non-essential health care services:

Specialists services, dentistry, or other services, as per local CMC capacity.

Slow increase of Daycare centres capacity

Daycare centres will continue to increase their capacity to receive children of parents gradually returning to work, putting in place all precautionary measures including screening for symptomatic workers, self-isolating those who traveled to areas of risk, as well as making sure hygienic and physical distancing measures recommended are observed. Each centre should increase the number of children it can accommodate according to its rhythm of adaptation to the measures required; a maximum of 75% of the usual capacity is targeted for Phase 3 only. In addition, day camps will also be allowed to reopen only in Phase 3.

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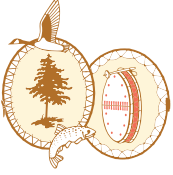
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Church Services

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.

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

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

- 564 regular tests have been administered
- 549 returned negative
- 5 waiting for results

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:

- 491 screening tests
- 13 awaiting results
- 478 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.

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.

