



## Testing and Screening

The Cree Nation continues to remain COVID-19 free. Regular testing for COVID-19 in Eeyou Istchee is currently at:

- 649 regular tests have been administered
- 638 returned negative
- 1 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:

- 699 screening tests
- 691 returned negative
- 8 awaiting results

## Wearing of Masks

The Government of Quebec has ordered the wearing masks will be mandatory in public indoor spaces as of Saturday, July 18<sup>th</sup>, 2020. It is important therefore for people travelling outside Cree communities to be sure that they can and do comply with the requirement. Wearing a mask helps to protect you, but more importantly, those around and people are always encouraged to do their part in keeping COVID-19 at bay. This being, the requirement to make masks obligatory in each community is a question for local leadership and people are encouraged to enquire with local authorities whether wearing masks locally is a requirement.

## Travelling

Travelling within Eeyou Istchee continues to represent the least risk and the further we travel from our homes and our communities the greater the risk of contracting COVID-19. We must always practice physical distancing and precautionary measures to protect our fellow community members and it is even more important when we are travelling regardless the purpose.

**Travelling to Areas of Risk will require self-isolation and these areas remain:**

- Anywhere outside Region 18 - Eeyou Istchee, Region 17 - Nunavik, Region 10 - Nord du Quebec or Region 8 - Abitibi
- Any mine site
- Any forestry camp
- Any Hydro-Quebec site

With the announcement last week there are many questions on how to implement the recent exemption for Region 8 -Abitibi under the Mandatory Self-Isolation Laws. There is a simple question to ask in determining if an individual is subject to the Isolation requirement. "Have you been in an area of risk within the last 14 days?" If the answer is yes, then the individual must self-isolate. If the answer is no, there is no need to self-isolate. See the definition of an "area of risk above", Ontario is outside Regions 18, 17, 10 and 8, so an individual who has been to Ottawa, for example, in the last 14 days would have to self-isolate.



## Deconfinement Process

As Eeyou Istchee continues deconfinement, there is a continuous need to assess and reevaluate the Deconfinement Plan. We are seeing in the south many jurisdictions paying the price for deconfining too quickly; when one sector is opened too quickly, it is another sector that inevitably will have to pay the price. For example, how safe will it be to open schools when opening bars too quickly may have made the situation risky?

There will be a reassessment of how quickly the Cree Nation can proceed into Phase 4 at the next meeting of the leadership. That said, the Cree leadership and most importantly community members have done such an amazing job at complying with travel restrictions, physical distancing and other precautionary measures that on July 21st, 2020 the leadership will be in a position take concrete decisions on deconfinement as it pertains to Church services and programs.

People are encouraged to visit [www.cngov.ca/COVID-directives](http://www.cngov.ca/COVID-directives). On this site people can consult Directives as they become available explaining the different activities that are permissible with conditions and adaptations as the Cree Nation moves through different phases of the Deconfinement Plan.

## Resources and Support

Public Health team will continue to provide support to communities and organizations in deciding which services or activities to resume and how to do it safely. Organizations may send their request to:

[18tcr.phcovidteam@ssss.gouv.qc.ca](mailto:18tcr.phcovidteam@ssss.gouv.qc.ca) or  
[covidrisk@cngov.ca](mailto:covidrisk@cngov.ca)

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.

## Reliable Sources

People are advised to continue exercising caution on where they get their information in relation to COVID-19 and to keep in mind that the reliable sources of information remain:

- [eeyouistcheecovid19.org/](http://eeyouistcheecovid19.org/)
- [cngov.ca/covid-19/](http://cngov.ca/covid-19/)
- [creehealth.org](http://creehealth.org)
- [eeyoueducation.ca](http://eeyoueducation.ca)
- [quebec.ca/coronavirus](http://quebec.ca/coronavirus)
- [canada.ca/coronavirus](http://canada.ca/coronavirus)