



COVID-19 Public Bulletin

July 30, 2020

Testing and Screening

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

- 706 regular tests have been administered
- 694 returned negative
- 2 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:

- 856 screening tests
- 846 returned negative
- 10 awaiting results

Deconfinement Process

Eeyou Istchee remains currently in Phase 3 of deconfinement where indoor groups remain limited to five (5) households and outdoor groups remain limited to ten (10) households. There is an important exception that has been made for churches with the limitation of 50 participants subject to the appropriate physical distancing and other precautionary measures. Please visit eeyouistcheecovid19.org for more details on Phase 3 of deconfinement.

People are encouraged to visit 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.

Travelling

The Cree leadership continues to monitor the recent case that was confirmed in Region 8- Abitibi which has had a new case in the last two days. Again, there is no reason to immediately change the status of Region 8 but it is important that people remember how quickly things can change and ensure that they are only travelling when they need to. Our communities continue to represent the least risk during the COVID-19 pandemic; 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

Reliable Sources

- eeyouistcheecovid19.org/
- cngov.ca/covid-19/
- creehealth.org
- eeyoueducation.ca
- quebec.ca/coronavirus
- canada.ca/coronavirus