

July 7, 2020

# Public Update on COVID-19

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## 2. Resuming small scale indoor social gatherings

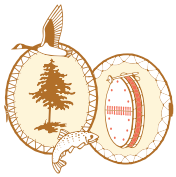
- Indoor social gatherings are more at risk than outdoor ones, because droplets spread more in indoor settings due to the ventilation and shared surfaces.
- Indoor gatherings are now limited to a maximum of 5 households; this includes church services, workshops and support groups
- The indoor space needs to be well ventilated (open windows), as well as big enough to allow adequate physical distancing between people from different households
- It is important to continue avoiding direct contact (shaking hands, hugs, etc.), as well as the sharing of food, utensils, etc.
- If the gathering involves music, it is recommended to avoid singing in gatherings, since singing can increase the spread of droplets from people's mouths. If shared instruments are used (e.g. drums), it is recommended to only have people from the same house sharing the instrument.

## 3. Resuming all sports and recreational activities

- Indoor sports facilities are now allowed to reopen, given they respect the indoor social gathering restrictions above; this includes gyms, swimming pools, arenas, etc.
- Team sports (either outdoors or indoors) are also allowed to reopen, again given they respect the social gathering restrictions listed above.

## 4. Reopening all activities aimed at children

- All activities targeting children and youth are now permitted to resume, including summer camps and school activities
  - Daycares should continue increasing their capacity for receiving an increasing number of children, according to how quickly it can adapt to the measures required;
  - Most centres should aim for a maximum of 75% of their usual capacity during phase 3
  - Daycares, summer camps and school activities should keep a registry of which children and caregivers are present each day
- Limits on the number of children present should respect the household limits mentioned above for indoor and outdoor settings
  - In outdoors, groups of children younger than 12 years old are now allowed to play with one another without strictly physical distancing. When games can allow some physical distancing, it is encouraged, even if only 1 metre distance.
  - These groups should however remain small (less than 10) and have the same children over time (avoiding transferring children between groups as much as possible).
  - Outdoor activities, rather than indoors, are encouraged whenever possible, due to increased ventilation and space, which contributes to reduce risk of transmission.
- Children and youth of 12 and over should as much as possible continue to observe physical distancing of 2 metres with people who are not living in their house.



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## Travelling

It is extremely important for people to understand that even as the number of COVID-19 cases comes down, until there is a vaccine there will always be a risk associated with travelling. The farther you get from your house, your community, your region the greater the risk is of contracting COVID-19. For example, even though people travelling within Region 10 (Chibougamau or Matagami for example) are NOT required to self-isolate, we know that there are people from other regions or cities like Montreal that come to our region and neighboring municipalities increasing the risk. It is imperative that people remain cautious, no one can say that travelling to any other area is safe, all that we can try to determine is how much riskier it is.

With this in mind neighboring regions continue to be monitored. Region 8 – Abitibi due to the nature of their last cases can only be considered for travel next Tuesday July 14th, 2020. Unfortunately, there were 2 cases in Region 2 – Saguenay-Lac-St-Jean over the weekend and it is unclear what the nature of these cases is, for example is it a sign of the beginning of a larger outbreak? Therefore, determination on the status of Region 2- Saguenay-Lac-St-Jean will be deferred until Thursday, July 9th, 2020. Regardless of the determination it is important that people understand the inherent risks in travelling in Quebec whether it is for essential or non-essential purposes.

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

Anywhere outside Eeyou Istchee, Nunavik and Region 10

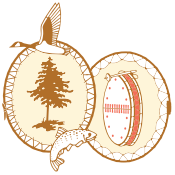
- Any mine site
- Any forestry camp
- Any Hydro-Quebec site

Travelling to any of 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. People might be comfortable with accepting a certain level of risk, but you must give thought to those vulnerable people at home which you might be bringing something back to. 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.

Public Health team will continue to provide support 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.



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## Cree School Board

The PSSS Montreal and Ottawa offices remain closed with staff working remotely and continue to provide services. All other CSB offices in Eeyou Istchee, including the head office, will reopen with adapted rotating schedules to ensure compliance with the health directives.



Summer school teachers have arrived in the communities and are currently in self-isolation. Classes will begin on July 13th.

## Childcare Centres

The Childcare Centres of Eeyou Istchee are pursuing a gradual re-opening plan implementing guides which have been adopted by each Centre. There are many important safety measures that must be put in place to ensure that our communities and the children are safe during these uncertain times. The two most important challenges are the installation of wash basins at the entrance of the childcare centres and ensuring that the staff have the required personal protective equipment. The Childcare centres are currently at 40% capacity and everyone is working hard to reach the following targets: 50% for July 20, 2020; 75% for August 3rd, 2020; and 100% for August 16th, 2020.

## 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:

- <https://eeyouistcheecovid19.org/>
- [www.cngov.ca/covid-19/](http://www.cngov.ca/covid-19/)
- [www.creehealth.org](http://www.creehealth.org)
- [www.eeyoueducation.ca](http://www.eeyoueducation.ca)
- <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>
- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.htm>

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