



# CREE NATION COVID-19 Special Bulletin

## July 24, 2020

### Travelling

There are no proposed changes to travel restrictions under the Local Mandatory Isolations Laws.

In the last few days there has been a total of five (5) cases for **Region 8 – Abitibi**. Four (4) of the five cases are located in the western part of the region near the Ontario border, the contact tracing has been completed and the individuals have been isolated linking the cases to an instance of travel. One (1) case is located in the Val-d’Or area of Abitibi. According to a public announcement by the Abitibi’s Public Health Department<sup>1</sup>, this person did not travel, the source of their infection was not identified on investigation. They further say this “indicates a community transmission here in the region.”

These recent instances of cases in Abitibi provide very valuable lessons. First, where a case is found or comes to light, it is very likely through contact tracing that other cases will be found in the following days. Although these cases can often be effectively contained with good contact tracing measures, there is also a danger of there being so many contacts, or some of them not collaborating with public health that the infection can spread so much that it can overwhelm the ability to find all of the contacts quickly enough. This is why it is so imperative that people get tested for symptoms and always respect physical distancing and other prevention measures. Keeping your distances, washing your hands and wearing masks helps you protect both yourself and your fellow community members.

Even though we don’t see them, we have confidence in the skill and vigilance of the Abitibi Health Administration and contact tracing teams, and know they work incredibly hard – the evidence of this is how few cases they have had in recent months despite having to deal with more than 100 cases in a short period at the beginning of the pandemic.

Finally, COVID-19 is still very present in Quebec and things can change very quickly. We have started to see some increases in southern regions and are watching this closely. Because of this, people are advised to be very cautious when travelling, even to places where they are not asked to isolate when they return. You should travel only when it is necessary and with whom it is necessary. The further we go from our communities, the greater the risk to ourselves and our people.

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

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