



## Status of Pandemic

Worldwide COVID-19 continues to spread. Many jurisdictions struggle to contain the virus and others are having troubles with flare-ups as they try and deconfine.

Quebec appears to be having a particular challenge with their deconfinement plan which has permitted flare-ups and clusters of COVID-19 especially in establishments like bars and restaurants.

Within Eeyou Istchee, communities continue to do well, which is a testament to local leadership and more importantly to the people of Eeyou Istchee who respect and remain committed to physical distancing and precautionary measures.

The Cree Nation is celebrating an important milestone of 100 days without a COVID-19 case. We can be proud of the sacrifice that so many have made self-isolating, physical distancing and practicing other challenging precautionary measures to allow us to arrive at this point.

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

- 760 regular tests have been administered
- 747 returned negative
- 3 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:

- 936 screening tests
- 924 returned negative
- 12 awaiting results

## Eeyou Istchee Deconfinement Plan

Considering the opening regions and the upcoming re-opening of schools in Eeyou Istchee which involves an introduction of valued teachers and staff from Southern regions it is advisable to remain in **Phase 3** of the Deconfinement Plan which involves:

- Resuming activities for children, including daycares, schools, summer camps and all team sports
- Increasing size of indoor gatherings (50 people max.)
- Increasing size of outdoor gatherings (100 people max.)
- Church services (50 people max.)

The 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.



## Travelling

**Region 8–Abitibi** continues to do well with no significant outbreaks since mid-June, 2020. Since mid-July, **Region 2–Saguenay-Lac-St-Jean** was able to control their outbreak there have very few cases reported every day but the situation appears to be under control. Even though these regions have subsided, things can change very quickly especially as every region in Quebec is expecting a second wave sometime in the Fall.

After evaluation of the **Areas Representing a Risk** those individuals who have in the last 14 days travelled:

- **anywhere outside:**
  - Region 18 – Eeyou Istchee;
  - Region 17 – Nunavik;
  - Region 10 – Nord du Quebec;
  - Region 8 – Abitibi;
  - Region 2 – Saguenay-Lac-St-Jean;
- **to any mine site:**
  - As of August 18th, 2020 workers coming from the Windfall Mining Exploration Site by Osisko Mining Inc may be released from Mandatory Self-Isolation subject to the results of the site testing protocol;
- **any forestry camp;**
- **any Hydro-Quebec site;**

will be required to self-isolate for 14 days under the Local Mandatory Self-Isolation Laws.

It is extremely important for people to understand that 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. 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.

Further, Cree travellers should exercise caution beyond what is permitted in other jurisdictions. For example, movie theaters, bars and sit-down restaurants are open in other jurisdictions and have been linked to a considerable increase in risk of outbreaks. Cree travellers are therefore recommended to avoid all sit-down restaurants, movie theaters or bars when visiting in other jurisdictions.



# Cree Nation Leadership COVID-19 Briefing Public Statement August 11, 2020

## Testing

It is important to understand the limitations of the COVID-19 testing technology currently available. The current tests are most valid when the test result is positive, meaning that someone is infected with COVID-19. That is because the test is very specific, and false positive results are not very common. Unfortunately, even the best technology available is not very sensitive, which means that false negative results can be possible. This means up to a third of people who have no symptoms and obtain a negative test results could still be infected with COVID-19. At this time, we cannot rely on the results of a single negative test to assure that someone does not have COVID-19, this is why all workers at the Osisko mining exploration site are given multiple tests during their shifts with restrictions on access in and out of the site.

## Eeyou Eenuu Police Force

Training and information sessions continue to be made available for EEPF officers adapting to the pandemic measures. Proper evaluation of resources including PPE and staff that may be required in anticipation of a second wave.

July has seen only 3 files open in relation to the Mandatory Self-Isolation Law indicating that communities are following procedures well thus contributing to the continued status of Eeyou Istchee remaining COVID-free. The EEPF continues to collaborate closely with local Public Safety Officers in the application of regulations.

## Education

Teachers have begun returning to communities and are now completing 14-day isolation periods as required by the Mandatory Self-Isolation Law.

Low-risk scenarios have been developed in collaboration with the Cree Health Board to ensure health and safety of students and personnel. Parents and guardians are engaged in information sessions with the Cree School Board on the safe return of students to class.

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