



## Status of Pandemic

COVID-19 continues to spread globally with an alarming rate. Southern Quebec and Ontario see daily case numbers at alarming high levels requiring the implementation of ever stricter measures in an attempt to flatten the curve of the second wave of COVID-19.

The Cree Nation and the people of Eeyou Istchee made incredible sacrifices respecting physical distancing and other precautionary measures. The mandatory local self-isolation laws although very challenging to implement and imposing hardship for those that want to and need travel in and out of our communities have provided an incredible tool to protect the most vulnerable members of our communities. The reward for this incredible sacrifice is that we will be able to stay open longer, hopefully not even have to close services or businesses, and keep our schools open trying to give our children as normal experiences as possible during these truly challenging times.

## Testing in Eeyou Istchee

14 cases with 13 recovered, regular testing for COVID-19 in Eeyou Istchee is currently at:

- 1,233 regular tests have been administered
- 1,217 returned negative
- 2 waiting for results

The Cree Health Board continues to make efforts to increase screening capacity 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:

- 1,498 screening tests
- 1,493 returned negative
- 5 awaiting results

## Travelling

Neighboring regions are being watched very closely for any increases in cases, changes in the ability of regions to manage outbreaks and their contact tracing capacity. There is currently no need to change the assessment of regions.

There are two regions being monitored closely; Abitibi and the locality of Radisson.

With regard to Radisson there was concern that an outbreak was developing, after days of contact tracing and other investigations it would appear that all the cases are being related to a specific series of meetings in an office trailer. This means that COVID-19 did not appear to be circulating in Radisson and that the precautionary measures such as physical distancing, hand washing, and mask wearing are working. No Radisson community members have tested positive with 73 tests being administered and no Cree community members were or are associated with the contact tracing exercise.

Although there was a day where there was a jump in the number of cases for Region 8-Abitibi last week, analysis of the situation demonstrates that there is no reason to reconsider its status at this time. Public Health Authorities in that region appear to have control of the situation with a strong contact tracing capacity. Further, many of the cases attributed to Region 8-Abitibi appear to have originated with residents outside the region.

Northern Ontario continues to do well in managing the pandemic while southern Ontario struggles as southern Quebec.



## Travelling

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

- anywhere outside Quebec, except for the Ontario regions of Sudbury, Porcupine and Timiskaming, which includes the municipalities of Sudbury, Timmins, Moosonee and North Bay;
- within Quebec to:
  - > Region 1 – Lower St-Lawrence
  - > Region 2 – Saguenay Lac St-Jean – as of (Thursday) October 1st, 2020 at 11:59PM
  - > Region 3 – Quebec Capital
  - > Region 4 – Mauricie and Centre du Québec
  - > Region 5 – Estrie
  - > Region 6 – Montreal
  - > Region 7 – Outaouais (Gatineau)
  - > Region 9 – North Shore
  - > Region 11 – Gaspé and Magdalen Islands
  - > Region 12 – Chaudière-Appalaches
  - > Region 13 – Laval
  - > Region 14 – Lanaudière
  - > Region 15 – Laurentians
  - > Region 16 – Montérégie
- any Hydro-Quebec site;
  - > **Including the locality of Radisson, as of October 7th, 2020**
- to any mine site, please note:
  - > Workers coming from the Windfall Mining Exploration Site of Osisko Mining Inc with the appropriate documentation will NOT be required to self-isolate;
  - > Workers coming from the Renard Mine Site of Stornoway, with the appropriate documentation will NOT be required to self-isolate;
  - > Workers coming from the Éléonore Mine Site of Newmont, with the appropriate documentation will NOT be required to self-isolate;
- any forestry camp, please note:
  - > Workers coming from the Forestry Camp at km 105 on the James Bay Highway with the appropriate documentation will NOT be required to self-isolate effective immediately;

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

**Therefore, people coming from Regions 8, 10 (except Radisson), 17 and 18 in Quebec and the regions Sudbury, Porcupine, Timiskaming and North Bay in Ontario DO NOT need to self-isolate 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.



## Managing Health Services

In the communities, services continue to be adapted to provide safe medical services and the Cree Health Board is making efforts to introduce more medical specialists into the communities. It will be much safer for Eeyou Istchee to have the critical health specialists come into the communities rather than high numbers of patients travelling to the South. The Specialists are respecting strict screening protocols, supervision and precautionary measures that includes the administration of multiple tests.

It is important to keep in mind that for the last seven months, the COVID-19 cases in Eeyou Istchee did not come from the medical professionals that come to our communities. It is therefore safe to go to the clinic and meet with specialists in our communities.

## Eeyou Istchee Deconfinement Plan

The incredible sacrifice and discipline demonstrated by the Cree Nation over the summer in the development, implementation and compliance with precautionary measures including our local Mandatory Self-Isolation Laws allows us to remain in Phase 4 of the Deconfinement Plan while other jurisdictions have to move into re-confinement:

- No masks for grade 4 and below unless the student or parents wish to wear a mask;
- Grade 5 and above masks are required in common areas but can be removed once seated.

The cooperation and the respect of physical distancing and precautionary measures has allowed the Cree Nation to protect our Health care capacity and protect community members from COVID-19.

- Activities like weddings, graduations, etc. subject to the gathering size restrictions
- Indoor gatherings (50 people max.)
- Outdoor gatherings (150 people max.)

It is our respect for physical distancing of 2 metres and respecting other precautionary measures that allowed us to reach Phase 4, and it will be our continued respect for these measures that will allow us to stay in Phase 4 for as long as possible for the benefit of all community members.

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. Any request for advice regarding the Deconfinement Plan or request for advice on what activities and how they can be carried out during a particular phase of the Deconfinement Plan can continue to be sent 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.



## Education

The Cree School Board continues to monitor how the student population is adapting to new regulations.

A survey of the youth sector has supported ongoing planning during this new academic year and shows that our students are adapting well to new routines.

Post-secondary students have also been surveyed to assess needs. In total, 389 students are registered in post-secondary programs, with approximately half of those choosing to remain in the community and continue their online programs.

The Sabtuan Adult Education has been successful since the start of the new school year, and they continue their online learning/ in-person hybrid approach.

Local schools are surveying parents' homes to assess the ability to move into virtual learning if needed. The survey will help plan for return to online learning and address the needs for access to the internet and available computers and other devices within homes.

The Daily Student Health Check questionnaire remains essential for parents and students to fill each day before attending classes. The survey ensures the schools will remain open and to keep our schools healthy. Thank you for collaborating and filling the Daily Student Health Check questionnaire at [eeyoueducation.ca](https://eeyoueducation.ca).

## 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)
- [www.quebec.ca/coronavirus](http://www.quebec.ca/coronavirus)
- [www.canada.ca/coronavirus](http://www.canada.ca/coronavirus)