





# CREE NATION COVID-19 Bulletin

## December 16, 2020

- **Quebec:** Daycares will remain open.
- **Eeyou Istchee:** Phase four deconfinement - daycares remain open with special adaptations

- **Quebec:** Workers can only work through tele-working.
- **Eeyou Istchee:** Phase four deconfinement – offices can remain open with the appropriate adaptations.

- As stated above the dedication and compliance of the Cree people to the local mandatory self-isolation laws allows the Cree Nation to refrain from imposing such strict restrictions in Eeyou Istchee. Community members are advised to be very cautious when planning travel outside Eeyou Istchee. The Government of Quebec is imposing strict restrictions because there is a real risk of COVID-19 throughout the province. Finally, from December 25th to January 11th, 2021 it is only essential businesses that will be open in the rest of Quebec so there should be a natural reduction in traffic from the Cree communities to the rest of Quebec.

### 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)

### Psychosocial Health

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** where specialists with a traditional approach to healing are also accessible.