

CREE NATION COVID-19 Bulletin

December 17, 2020

Message from Leadership

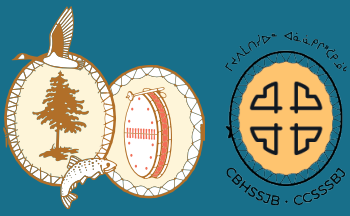
- The Cree Board of Health and Social Services of James Bay is identifying an alarming increase in the frequency of cases in our neighboring regions such as Abitibi and Northern Ontario. The frequency is very similar to the patterns that were seen in the Saguenay-Lac-St-Jean region prior to the uncontrolled outbreak they are still trying to get out of. The choice of the Cree Nation is to declare these areas, as areas of risk or have all Cree communities move to Phase 3 of the Deconfinement Plan. **The recommendation is therefore that all Cree communities immediately move to Phase 3 of the Deconfinement Plan.**
- Even in Phase 3 of the Cree Nation Deconfinement Plan the Cree Nation enjoys significantly greater freedoms than in the rest of the province due to the leadership of local governments in the development of the local Mandatory Self-Isolation laws and the vigilance of the Cree people to respect the local law and protect their fellow community members.
- The Government of Quebec is justifiably concerned with the significant risk that COVID-19 now represents in the Province of Quebec and people are reminded to seriously consider the need for travel prior to leaving the safety of our own communities.

Travelling

[Notice: Any changes in the status of a region from a previous announcement will be in **red**.]

Travellers are to:

- Travellers are warned that during these very uncertain times Governments are imposing travel restrictions and advisories very quickly and people could find that their travel plans are disturbed by local orders at their destination.
- Currently there is no restriction travelling between Ontario and Quebec, however there is no certainty that this will last.
- The Government of Quebec has granted the authority to police to restrict travel in red zones and turn away people travelling for non-essential reasons. It is currently permissible in Quebec to travel from an orange zone to an orange zone.
- Be honest. Do not mislead personnel that manage local check points, you are taking risks with the vulnerable people of your community.



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Travelling

Areas of Risk – Travel not advised, and travellers WILL BE subject to local Mandatory 14 Day Isolation Laws

Anywhere outside Quebec

within Quebec:

- Region 1 – Lower St-Lawrence
- Region 2 – Saguenay-Lac-St-Jean
- 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

Within Eeyou Istchee:

- any Hydro-Quebec site;
- any mine site
- any forestry camp

Areas of Reduced Risk -Travellers will NOT be subject to local Mandatory 14 Day Isolation Laws

Ontario regions of Sudbury, Porcupine and Timiskaming, which includes the municipalities of Sudbury, Timmins, Moosonee and North Bay

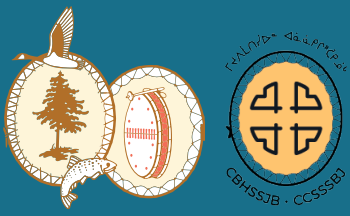
Within Quebec:

- Region 8 – Abitibi-Témiscamingue
- Region 10 – Nord du Quebec
- Region 17 – Nunavik
- Region 18 – Cree Communities of Eeyou Istchee
- Windfall Mining Exploration Site of Osisko Mining Inc;
- Renard Mine Site of Stornoway;
- Éléonore Mine Site of Newmont

Special Note

Travelling is becoming riskier due to the increase in instances of COVID-19. Please be vigilant if you must travel.

In Quebec, Chibougamau and Chapais have been reclassified from red to orange so travellers from these municipalities are no longer subject to local mandatory self-isolation requirements.



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Eeyou Istchee Deconfinement Plan

Effective December 17th, 2020 all communities are advised to move from Phase 4 to Phase 3 to compensate for the risk associated with travel from neighboring areas and the considerable local traffic in and out of the communities during the holidays:

PHASE 3

- Outdoor gathering 75 or 10 households
- Indoor gathering 25 or 3 households

PHASE 4

- Outdoor gathering 150
- Indoor gathering 50

It is important to note that the only real change in the activities permitted from Phase 4 to Phase 3, is the size of the gathering which must be smaller and of course continued respect for measures such as distancing and mask wearing.

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/

■ cngov.ca/covid-19/

■ creehealth.org

■ eeyoueducation.ca

■ quebec.ca/coronavirus

■ 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.