



Travelling

Travellers are to:

- Limit their travel to what is necessary, limit number of travelers when possible;
- Verify the rules and restrictions applicable at their destination;
- Travellers are advised to be extra careful;
- Do not mislead personnel that manage local check points, you are taking risks with the vulnerable people of your community.

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

Chibougamau and Chapais, since November 21st, 2020

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 Porcupine and Timiskaming, which includes the municipalities of Timmins, Moosonee and North Bay
within Quebec:

- Region 8 – Abitibi-Témiscamingue
- Region 10 – Nord du Québec
- Region 17 – Nunavik
- Region 18 – Cree Communities of Eeyou Istchee

For community members of Mistissini and Oujé-Bougoumou only: Chibougamau and Chapais are NOT areas of risk

- Windfall Mining Exploration Site of Osisko Mining Inc;
- Renard Mine Site of Stornoway;
- Éléonore Mine Site of Newmont

Special Note

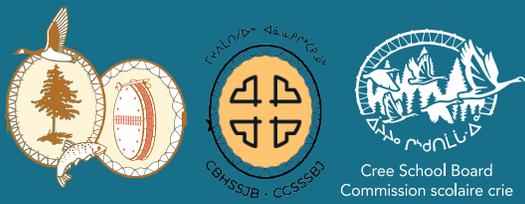
Northern Ontario is stable despite an outbreak of cases in North Bay associated with Nipissing University and Canadore College. Contact tracing has been completed in relation to these cases.

Region 2 – Saguenay-Lac-St-Jean has had 2,181 cases in the last 14 days.

Region 8 – Abitibi Témiscamingue has had 12 cases in the last 14 days, with all cases contained and contact tracing completed.

The declaration of Chibougamau and Chapais as “Areas of Risk” does not apply in Mistissini and Oujé-Bougoumou as they are in Phase 3 of the Deconfinement Plan

Osisko recently had a case which has been contained and contact tracing completed.



Eeyou Istchee Deconfinement Plan

Currently communities are in Phase 3 or Phase 4 of our deconfinement plan:

PHASE 3

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

PHASE 4

- Outdoor gathering 150
- Indoor gathering 50

Community	Deconfinement Phase	Special Advisories
CHISASIBI	Phase 4	
EASTMAIN	Phase 4	
MISTISSINI	Phase 3	Advising community members to avoid travel to Chibougamau or Chapais. Travel to the two municipalities is for emergency services, essential services and education purposes only.
NEMASKA	Phase 4	
OUJE-BOUGOUMOU	Phase 3	Advising community members to avoid travel to Chibougamau or Chapais. Travel to the two municipalities is for emergency services, essential services and education purposes only.
WASKAGANISH	Phase 4	
WASWANIPi	Phase 4	Travel to Chibougamau and Chapais is for medical purposes only.
WEMINDJI	Phase 4	
WHAPMAGOOSTUI	Phase 4	



Education

The Cree School Board would like to remind parents and staff about the importance of completing the daily health checks. This is very important too for keeping our communities safe: www.eeyoueducation.ca

There is a new calendar of the Cree School Board with classes starting for all classes on January 11th, 2021. Some classes may start online on January 11th and then in person on January 18th, to accommodate the 14-day isolation that some teachers will be required to do.

Post-Secondary Student Re-Integration Options

Each community will be writing to the Cree School Board Post-Secondary Office, with the Chairperson and the Director General in CC, to inform them of the protocols that they will make available to the students for reintegrating student back into the community over the holidays by December 4th, 2020. The Post-Secondary Office will then inform the students of what options are available to them and who they can contact at the local level. It is important to note that not all communities will have the 7-7 isolation option available. Therefore, students and their families will have to find ways to isolate safely at home or elsewhere.

Students should refrain from contacting Public Safety Officers on the protocols that are available until local leadership has decided on a protocol.

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.