



# Cree Nation Leadership COVID-19 Briefing Public Statement December 15, 2020

## Message from Leadership

- Eeyou Istchee is one of the few jurisdictions in Canada that has not had COVID-19 community transmission, this was not by chance and is due to the quality of local and regional leadership, the dedication of the Cree Health Board Public Health Department, the reliability of our Public institutions like the Cree School Board and the Cree Health Board. Most importantly, we owe our current enviable situation to the strength and resolve of the Cree people who do everything necessary to protect our elders and vulnerable community members. With the introduction of safe vaccines, the end of COVID-19 restrictions is near and soon we will be able to freely say goodbye to those that have left us and welcome our newest and tiniest community members with hugs and kisses.
- Unfortunately, COVID-19 cases continue to remain high in Canada and Quebec requiring people to be very cautious when travelling and respecting local COVID-19 restrictions and precautionary measures, the Government of Quebec is forced to consider every stricter measure to bring COVID-19 under control.
- Vaccination has begun in Quebec and Canada. In Eeyou Istchee, the Cree Board of Health and Social Services is working very hard to ensure that the personnel, equipment, procedures and facilities are in place so that when it is time, the **safe** and **voluntary** vaccination can begin.
- The Cree Nation is grateful to all the professionals like Doctors, Nurses, Teachers, Police Officers and other valued guests of our communities who will forego holidays with their families during these very difficult times so that our communities can continue to function. The virus will not last forever but the bonds formed by the humanity we show one another during these difficult times will endure.

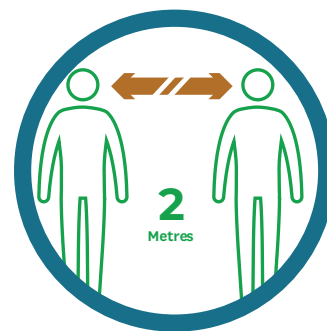
## Healthy Preventive Measures against COVID-19



**Wash  
your hands**



**Wear  
a Mask**  
1



**Physical  
Distancing**



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## Travelling

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

Travellers are to:

- Limit their travel to what is necessary, limit number of travellers when possible;
- Verify the rules and restrictions applicable at their destination;
- Travellers are advised to be extra careful;
- Be honest. 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 21<sup>st</sup>, 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 Quebec
- Region 17 – Nunavik
- Region 18 – Cree Communities of Eeyou Istchee

For community members of Mistissini, Oujé-Bougoumou and Waswanipi only, which are in Phase 3 of Deconfinement: 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 needs to be monitored very closely as cases are climbing requiring travellers to be extra vigilant when travelling in Ontario. Ontario will be declared and area of risk if cases continue to climb.

Region 2 – Saguenay-Lac-St-Jean has improved but the daily case numbers are still high.

Region 8 – Abitibi Témiscamingue continues to remain stable but people are reminded that they should be very careful when travelling there.

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



## 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 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.
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](http://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 students are urged to call the Post-Secondary Office of the Cree School Board as soon as possible to arrange travel to find out what options are available to them.

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