

## Message from the Leadership

- Unfortunately, all the holiday movement and continued private gatherings are behind an alarming increase in cases in Quebec. All neighboring regions of Eeyou Istchee are seeing an increase in cases requiring very close monitoring with the contact tracing capacity of all regions being stretched to dangerous limits.
- The safest place in Quebec remains in the Cree communities of Eeyou Istchee and residents are recommended to restrict movements and gatherings to be extra cautious during these very difficult times.

## Travelling

[**NOTICE:** Any changes in the status of a region from a previous announcement will be in **red font** for emphasis.]

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.

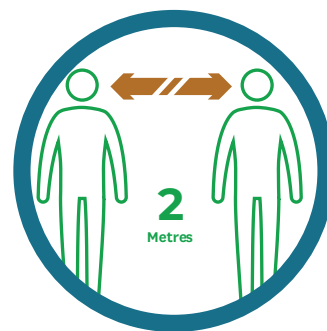
## Healthy Preventive Measures against COVID-19



**Wash  
your hands**



**Wear  
a Mask**  
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**Physical  
Distancing**



## Eeyou Istchee Deconfinement Plan

Currently communities are in Phase 3 our deconfinement plan:

### PHASE 3

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

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

## **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/](https://eeyouistcheecovid19.org/)
- [cngov.ca/covid-19/](https://cngov.ca/covid-19/)
- [creehealth.org](https://creehealth.org)
- [eeyoueducation.ca](https://eeyoueducation.ca)
- [quebec.ca/coronavirus](https://quebec.ca/coronavirus)
- [canada.ca/coronavirus](https://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.

## **COVID-19 VACCINE INFO LINE**

Questions about the vaccine? The Cree Health Board has an info line with professionals to answer your questions or concerns about vaccination: 1-866-855-2811.