

## Message from the Leadership

- Unfortunately, COVID-19 cases continue to climb in Canada and Quebec requiring people to be very cautious when travelling and respecting local COVID-19 restrictions and precautionary measures, the result has been the introduction of some very unwanted restrictions during the holidays preventing all gatherings.
- There is more and more news on vaccines being available in coming weeks, however there are considerable logistical issues that need to be worked out before the public can be informed on how the vaccines will be administered.

## 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 travelers 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.

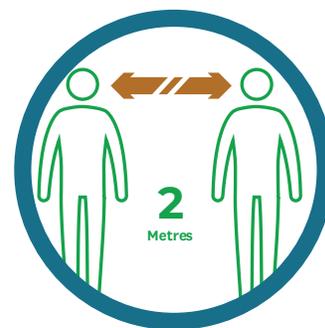
## Healthy Preventive Measures against COVID-19



**Wash  
your hands**



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



## 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

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 Quebec
- Region 17 – Nunavik
- Region 18 – Cree Communities of Eeyou Istchee

For community members of Mistissini, Oujé-Bougoumou and **Waswanipi** 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 relatively stable and there seems to be improvements.

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

Region 8 – Abitibi Témiscamingue has had a higher number of cases in recent days however the cases are associated with people coming home from travel and being diagnosed with COVID-19, all cases are contained, and contact tracing is completed. There is no evidence of community transmission in Abitibi 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)
- Teacher travel to return home for the holidays is also being arranged. We would like to wish the teachers a safe return home and we would like ask everyone in Eeyou Istchee to do what they can to make the holiday season a special one for those teachers who are not able to return due to COVID-19 restrictions and must be surely missing their families.
- There is a new calendar of the Cree School Board with classes starting for all 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.