



Message from Leadership

- COVID-19 cases are climbing at such an alarming rate in the South that the Governments of Ontario and Quebec are required to impose severe restrictions to try and get the situation under control. All Public Health Authorities say that there is a very rough road ahead if people do not do what they can to stop the spread of COVID-19.
- The communities of Eeyou Istchee which have made such incredible sacrifices since the beginning of the pandemic, that **we are exempt from the “Lockdown” being ordered by the Government of Quebec. (More is explained on the Quebec Lockdown in the Travel Section Below)** Our local mandatory isolation laws and the cooperation and sense of responsibility for one another have kept COVID-19 from damaging our communities.
- With COVID-19 raging outside Eeyou Istchee people are asked to exercise extreme caution when traveling outside Eeyou Istchee. Our neighboring First Nation of Obedjiwan, where we have loved ones and relatives are experiencing the devastation of when COVID-19 enters a First Nations community. Unfortunately, this is the situation for many First Nations across Canada.
- We have a new confirmed case in one of our communities and our Public Health administration is forced to work very hard to ensure that the case is contained as quickly as possible. It is more imperative than ever that we preserve the capacity of our Health Care system as we are on the eve of the beginning of the Cree Nation COVID-19 vaccination campaign in all communities. **The Government of Quebec has confirmed that all the doses required for residents of the Cree communities of are expected to arrive as early as January 14th, 2021 and vaccination could begin in all communities immediately thereafter.**



Travelling

[Notice to announcer: Any changes in the status of a region from a previous announcement will be underlined 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.

Areas of Risk – Travel not advised, and travellers WILL BE subject to local Mandatory 14-Day Isolation Laws	Areas of Reduced Risk - Travellers will NOT be subject to local Mandatory 14-Day Isolation Laws	Special Note
Anywhere outside Quebec	Ontario regions of Sudbury, Porcupine and Timiskaming, which includes the municipalities of Sudbury, Timmins, Moosonee and North Bay	Travel restrictions in Ontario are providing a natural deterrent for community members considering travelling to Ontario. Cases are increasing at an alarming rate and special evaluation will be carried out for January 12 th , 2021.
within Quebec: <ul style="list-style-type: none"> ○ 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) 	Within Quebec: <ul style="list-style-type: none"> ○ Region 8 – Abitibi-Témiscamingue ○ Region 10 – Nord du Québec ○ Region 17 - Nunavik ○ Region 18 – Cree Communities of Eeyou Istchee 	As of January 9 th , until February 8 th , 2021 in all regions of Quebec except Nunavik and the communities of Eeyou Istchee there is a curfew from 8pm to 5am every day. People will face fines from \$1,000-\$6,000 if they are found outdoors or traveling during this period without a valid reason related to essential services. Until February 8 th all bars and restaurants are closed except for take-out and delivery. Only essential businesses are open, non-essential business can provide pick up service only.



CREE NATION COVID-19 Bulletin

January 7th, 2021

Cree School Board
Commission scolaire crie

<ul style="list-style-type: none"> o Region 9 – North Shore o Region 11 – Gaspé and Magdalen Islands o Region 12 – Chaudière-Appalaches o Region 13 – Laval o Region 14 – Lanaudière o Region 15 – Laurentians o Region 16 – Montérégie 		
<p>Chibougamau is an AREA of RISK as of 11:59 PM December 22nd, 2020 for: Whapmagoostui, Chisasibi, Wemindji, Eastmain and Waskaganish</p>	<p>Chibougamau is NOT an AREA of Risk for communities of Mistissini, Oujé-Bougoumou, Nemaska and Waswanipi only: However, only travel for Essential Purposes is allowed (Groceries, Banking, Garage, Pharmacy, Medical)</p>	<p>For Whapmagoostui, Chisasibi, Wemindji, Eastmain & Waskaganish – all visitors from Chibougamau must self-isolate for 14 days;</p> <p>For Mistissini, OJ, Nemaska and Waswanipi – all NON-essential travellers must self-isolate for 14 days</p>
<p>Within Eeyou Istchee:</p> <ul style="list-style-type: none"> • any Hydro-Quebec site; • any mine site • any forestry camp 	<ul style="list-style-type: none"> • Windfall Mining Exploration Site of Osisko Mining Inc; • Renard Mine Site of Stornoway; • Éléonore Mine Site of Newmont 	



Eeyou Istchee Deconfinement Plan

Despite the announcement of the Government of Quebec, currently all communities are in Phase 3 of our deconfinement plan:

PHASE 3

- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

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.
Oujé-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	



Vaccination Program

Local and Regional teams of the Cree Board of Health and Social Services are working very hard with local leadership and administrations to make sure that **all the preparations are made so that we can begin the Cree Nation vaccination campaign** with the Moderna vaccine as soon as possible.

Community members are asked to **watch for local announcements through radio and social media on where and when people can go in their community to get the Moderna vaccine.** Everyone has the freedom to decide for themselves if they would like to contribute to the safety and protection of all community members by taking the vaccine. Public Health Authorities in Canada and Eeyou Istchee are encouraging all people to get vaccinated when they can.

People are encouraged to go to:

www.creehealth.org/covid-vaccine-faq

to consult questions and answers on the Moderna vaccine, or to call:

1-866-855-2811



Education

Despite the announcements of the Government of Quebec, classes in Eeyou Istchee will begin on January 11th, 2021 as planned with the same precautions that were in place before the Christmas holidays. It continues to be very important for parents to complete the daily health checks for students. For those classes where teachers are still completing self-isolation, classes will be online until January 21st, 2021 when in person instruction can resume for those classes. There was a slight delay in getting teachers back in the communities due to weather.

The School Board is ready to go to online instruction if needed, it is hoped that with the continued commitment of the Cree Nation leadership and people of Eeyou Istchee that we can keep COVID-19 out of our communities so that children can have as normal a school year as possible.

Parents with students outside Eeyou Istchee are strongly advised to contact the schools of those students, as there many new restrictions in primary, secondary and higher education institutions in the rest of Quebec.

The Cree leadership would like to welcome back all teachers. It hoped that the offer in the coming weeks of the Moderna vaccine to all, including teachers arriving from out of province, will help in some way after what must have been less than ideal holidays.

The Cree leadership would like to send a special thank you to the Post-Secondary students of Eeyou Istchee, not only have you been pursuing your education under very trying conditions, but you also have all taken good care of yourselves so much that we do not have any cases of COVID-19 brought home by students. Aside from the gratitude of the Cree Nation our thoughts and prayers are with you as you return to your studies.



RELIABLE SOURCES

People are advised to continue exercising caution on where they get their information in relation to COVID-19 and the vaccine. The reliable sources of information remain:

- <https://eeyouistcheecovid19.org/>
- www.cngov.ca/covid-19/
- www.creehealth.org
- www.eeyoueducation.ca
- www.quebec.ca/coronavirus
- www.canada.ca/coronavirus

PSYCHOSOCIAL HEALTH LINE

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 AND GENERAL 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.**