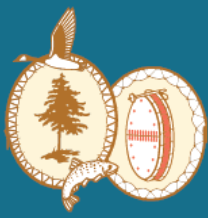


### Message from Leadership

- Unfortunately, there were two “super spreader” events related to social gatherings in the Ouje-Bougoumou, Chibougamau, Mistissini area which has resulted in 30 confirmed cases, with 13 among residents of Ouje-Bougoumou and 10 among residents of Mistissini so far. There is reason to be hopeful that with the incredible contact tracing efforts of the Cree Health Board, the leadership of local governments in implementing restrictions and controlling gatherings and most importantly the cooperation of youth and community members in coming forward in contact tracing that we will be able to contain these cases very quickly.
- More than 200 people are part of the contact tracing exercise and many are testing negative which demonstrates that the Cree Health Board Contact Tracing teams are finding the ends of the transmission chains. Recent events are a demonstration to everyone on how one lapse in judgement can have an impact on so many in our communities. Although two elders have been infected by these events there is a reason to be hopeful as severe symptoms have been very limited thus far. Let us pray that it stays this way in the coming days.
- The Cree Health Board has made a great achievement by administering more than 1,000 doses in less than 5 days. This a demonstration that the Cree Nation is ready for the doses to begin vaccination in all communities, which are expected to arrive as early as the 14<sup>th</sup>, of January, 2021.

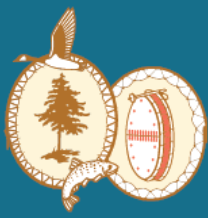


### Travelling

With the “Lockdown” measures that were announced by the Government of Quebec closing all non-essential services outside Eeyou Istchee this week, **there is NO reason for people to be traveling outside of a Cree community for non-essential purposes.**

Considering the different phases of the communities of Nemaska, Mistissini, Oujé-Bougoumou and Waswanipi, and the need to assist the Cree Health Board in bringing the current cases under control as quickly as possible: **All Cree leaders are calling for an immediate restriction on all non-Essential inter community travel until further notice.**

Areas of Risk – Travel not advised, and travellers <b>WILL BE subject to local Mandatory 14-Day Isolation Laws</b>	Areas of Reduced Risk - Travellers will <b>NOT be subject to local Mandatory 14-Day Isolation Laws</b>	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 <sup>th</sup> , 2021.
within Quebec: <ul style="list-style-type: none"> <li>○ Region 1 – Lower St-Lawrence</li> <li>○ Region 2 – Saguenay-Lac-St-Jean</li> <li>○ Region 3 – Quebec Capital</li> <li>○ Region 4 – Mauricie and Centre du Québec</li> <li>○ Region 5 – Estrie</li> </ul>	Within Quebec: <ul style="list-style-type: none"> <li>○ Region 10 – Nord du Quebec</li> <li>○ Region 17 - Nunavik</li> <li>○ Region 18 – Cree Communities of Eeyou Istchee</li> </ul>	<b>Region 8 – Abitibi has seen a constant and alarming increase in cases and is now considered an Area of Risk.</b>  <b>Cree travellers outside Eeyou Istchee are advised to exercise extreme caution:</b> As of January 9 <sup>th</sup> , until February 8 <sup>th</sup> , 2021 in <b><u>all regions</u></b> of Quebec except Nunavik and the communities of Eeyou Istchee there is a curfew from 8pm to 5am every day. People



# CREE NATION COVID-19 Bulletin

January 10<sup>th</sup>, 2021

<ul style="list-style-type: none"> <li>o Region 6 – Montreal</li> <li>o Region 7 – Outaouais (Gatineau)</li> <li>o <b>Region 8 – Abitibi as of January 10<sup>th</sup>, 2021 @ 11:59PM</b></li> <li>o Region 9 – North Shore</li> <li>o Region 11 – Gaspé and Magdalen Islands</li> <li>o Region 12 – Chaudière-Appalaches</li> <li>o Region 13 – Laval</li> <li>o Region 14 – Lanaudière</li> <li>o Region 15 – Laurentians</li> <li>o Region 16 – Montérégie</li> </ul>		<p>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.</p> <p>Until February 8<sup>th</sup> 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.</p>
<p>Chibougamau is an AREA of RISK as of 11:59 PM December 22<sup>nd</sup>, 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 &amp; 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><b>Cree Communities: Mistissini, OJ, Nemaska and Waswanipi</b></p>		<p><b>All Non-Essential travel to and from these communities for non-Essential purposes will be subject to the mandatory 14 day isolation</b></p>
<p>Within Eeyou Istchee:</p> <ul style="list-style-type: none"> <li>• any Hydro-Quebec site;</li> <li>• any mine site</li> <li>• any forestry camp</li> </ul>	<ul style="list-style-type: none"> <li>• Windfall Mining Exploration Site of Osisko Mining Inc;</li> <li>• Renard Mine Site of Stornoway;</li> <li>• Éléonore Mine Site of Newmont</li> </ul>	<p><b>These three mining companies have testing protocols that allow workers to be exempt from local Mandatory Self-Isolation Laws.</b></p>



## Eeyou Istchee Deconfinement Plan

Due to the different levels of risk that communities are exposed to, we have a number of communities at different phases.

### PHASE 3

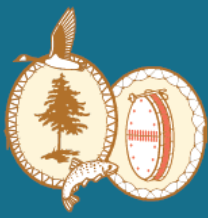
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

### PHASE 2

- Outdoor gatherings 2 households maximum.
- Indoor gathering same 2 households at all times.
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

### PHASE 1

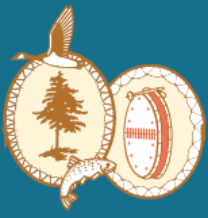
- Prohibition on gatherings indoor and outdoor.
- Public buildings are upon appointment only.
- Access to and from the community is restricted to essential services only.



# CREE NATION COVID-19 Bulletin

January 10<sup>th</sup>, 2021

Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 3	
Eastmain	Phase 3	
Mistissini	Phase 2	Travel to Chibougamau is for emergency services, essential services and education purposes only.
Nemaska	Phase 2	Travel to Chibougamau is for emergency services, essential services and education purposes only.
Oujé-Bougoumou	Phase 1	Travel to and from the community is heavily restricted. Non-community members are not permitted to enter.
Waskaganish	Phase 3	
Waswanipi	Phase 2	Travel to Chibougamau is for emergency services, essential services and education purposes only.
Wemindji	Phase 3	
Whapmagoostui	Phase 3	



## Education

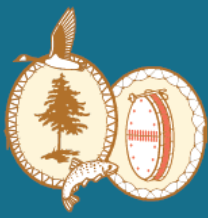
Due to the current situation of cases among the inland communities the following immediate measures are being taken:

- Mistissini, Nemaska, Oujé-Bougoumou and Waswanipi: The beginning of in-class instruction will be postponed for 2 weeks;
- Whapmagoostui, Chisasibi, Wemindji, Eastmain and Waskaganish: The beginning of in-class instruction will be postponed by 1 week

Students will be expected to work on the homework packages that they were issued before the Christmas holidays or contact the school for how to retrieve the packages for those that do not have them.

## Day Cares

For the communities of Mistissini and Ouje-Bougoumou daycares are open for essential workers only. In the other communities daycares function normally according to the applicable deconfinement phase.



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





