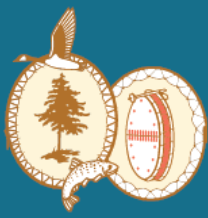


Message from Leadership

- Unfortunately, the Cree Nation is facing a jump in COVID-19 cases. It is not the time for blame or accusations, but it must be known that the cases originated with social gatherings contrary to restrictions and advisories in Eeyou Istchee and in the municipality of Chibougamau.
- The Cree leadership knows how hard it is to remain vigilant after months of such strict measures and it will be even harder as the vaccination campaign gains momentum and people feel that they do not need to be as careful. The recent jump in cases is evidence that we cannot let our guard down.
- The Cree leadership is confident that the Contact Tracing team at the Public Health Department of the Cree Board of Health and Social Services of James Bay is the best in the province and will succeed in containing the current cases by early next week. 11 cases have been identified with more to be tested, but due to the excellent work of the Cree Health Board these people were already in isolation and do not pose a risk to the community. The Cree Health Board has been very proactive ensuring that people are isolating even if there is a small chance that they could have come in contact with the 11 confirmed cases and will continue to test these people with a view to confirming that cases are now contained. It is anticipated that we will be able to announce this on January 12th, 2021.

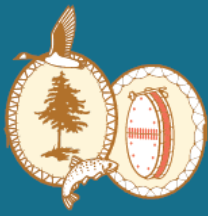


Travelling

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, travel to and from these communities is restricted to essential services only for the communities of Whapmagoostui, Chisasibi, Wemindji, Eastmain and Waskaganish.

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 	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.

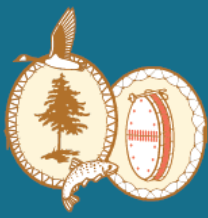


CREE NATION COVID-19 Bulletin

January 8th, 2021

Cree School Board
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<ul style="list-style-type: none"> ○ 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 		<p>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 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>Cree Communities: Mistissini, OJ, Nemaska and Waswanipi</p>		<p>All Non-Essential travel to and from these communities for non-Essential purposes will be subject to the mandatory 14 day isolation</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 	<p>These three mining companies have testing protocols that allow workers to be exempt from local Mandatory Self-Isolation Laws.</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

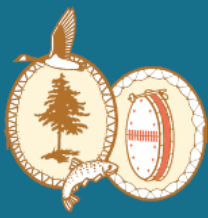
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

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.



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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. No non-community members are permitted.
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	



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.**