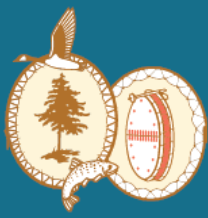




## Message from Leadership

- The dramatic spike in cases in Ontario and Quebec, and the recent cases in Eeyou Istchee are all associated with social gatherings contrary to the applicable restrictions. There was a ban on social gatherings in Chibougamau at the time the social gathering there led to 15 cases in Oujé-Bougoumou, 12 cases in Mistissini and 3 other community members residing outside Eeyou Istchee. Communities are now in different Phases of the deconfinement plan, providing different levels of allowable social gatherings. It is imperative that community members respect these restrictions, it is one lapse in judgement that exposes the most vulnerable in our communities.
- The Cree Communities of Eeyou Istchee are currently exempt from the “Lockdown” measures of the Government of Quebec, however community members must be extremely careful when traveling outside of a community during the hours of the Quebec curfew: 8PM to 5AM. Cree travelers have already received \$1,550.00 dollar fines driving past the La Grande Airport, driving through Chibougamau or Val-d'Or during the curfew. This is one more reason among many why travellers should limit travel to only essential purposes.
- The Cree Board of Health and Social Services of James Bay has received confirmation that all required doses for EVERYONE present in a community wanting to be vaccinated will be able to be vaccinated. At this time those under 18, not eligible until the vaccine is studied further for their specific situation. For nursing mothers, studies have demonstrated that the vaccine is safe for them and Doctors will be discussing the possibility of taking the vaccine on a case by case for pregnant mothers. Delivery of the Moderna vaccine in Quebec will be on January 14<sup>th</sup>, 2021, the vaccine will then be separated and reserved for Eeyou Istchee on the 15<sup>th</sup> and 16<sup>th</sup> of January 2021 with distribution and vaccination expected to begin throughout Eeyou Istchee on January 17<sup>th</sup>, 2021.



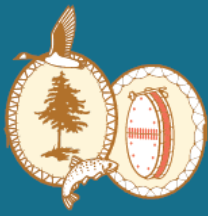
# CREE NATION COVID-19 Bulletin

January 12<sup>th</sup>, 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. **Travellers are advised that they must verify the restrictions that are applicable at their community of destination to ensure that they are permitted to enter prior to departure.**

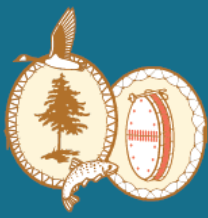
Areas of Risk – Travel not advised, and travellers <b>WILL BE subject to local Mandatory 14-Day Isolation Laws</b>	Areas of Reduced Risk - Travellers will <b>NOT be subject to local Mandatory 14-Day Isolation Laws</b>	Special Note
Anywhere outside Quebec, including <b>Northern Ontario as of January 12<sup>th</sup>, 2021</b>		Southern Ontario and now <b>Northern Ontario are considered Areas of Risk</b>
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> <li>○ Region 6 – Montreal</li> <li>○ Region 7 – Outaouais (Gatineau)</li> <li>○ Region 8 – Abitibi as of January 10<sup>th</sup>, 2021 @ 11:59PM</li> <li>○ Region 9 – North Shore</li> <li>○ Region 11 – Gaspé and Magdalen Islands</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 – Patients coming from Val-d’Or will follow the same 7/7 protocol that Montreal patients currently follow.</b>  Cree travellers outside Eeyou Istchee are advised to exercise extreme caution: As of January 9 <sup>th</sup> , until February 8 <sup>th</sup> , 2021 in <u>all regions</u> 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 <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.



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<ul style="list-style-type: none"> <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>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>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"> <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>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

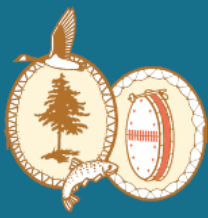
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

### 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

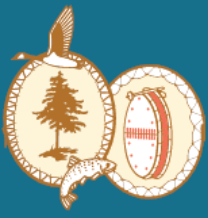
- Prohibition on gatherings indoor and outdoor.
- Public buildings are upon appointment only.
- Access to and from the community is restricted to essential services only.



# CREE NATION COVID-19 Bulletin

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Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 3	
Eastmain	Phase 3	
Mistissini	Phase 1	Travel to and from the community is heavily restricted. Non-community members are not permitted to enter.
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

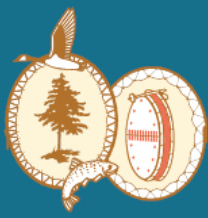
Due to the current situation of cases among the inland communities the following immediate measures are being taken:

- Mistissini, Nemaska, Oujé-Bougoumou and Waswanipi: The beginning of in-class instruction will be postponed until January 25<sup>th</sup>, 2021.
- Whapmagoostui, Chisasibi, Wemindji, Eastmain and Waskaganish: The beginning of in-class instruction will be postponed by January 18<sup>th</sup>, 2021.

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.**



# COVID-19 Areas of Risk

Effective as of January 12, 2021

**For Communities of:**  
 - Whapmagoostui  
 - Chisasibi  
 - Wemindji  
 - Eastmain  
 - Waskaganish

**Mines, Forestry  
 and Hydro Camps  
 are Areas of Risk**



- ▲ Cree Community
- Town
- Eeyou Istchee
- Health Region
- Areas of Risk

Projection: UTM Zone 18 NAD 83  
 Sources: CNG, Eeyou Istchee (2015), MERN  
 BGDA 5M (2017), Statcan Health Region (2011)  
 Document Name: EI\_Covid19\_AreasRisk\_8x10  
 Date: 1/12/2021

0 30 60 120 180 240  
 Kilometers



# COVID-19 Areas of Risk

Effective as of January 12, 2021

For communities of  
Ouje-Bougoumou,  
Mistissini,  
Waswanipi and  
Nemaska

Advising travellers to  
avoid Chibougamau  
except for  
emergency services,  
essential services,

Mines, Forestry  
and Hydro Camps  
are Areas of Risk



- ▲ Cree Community
- Town

- Eeyou Istchee
- Health Region
- Areas of Risk

Projection: UTM Zone 18 NAD 83  
Sources: CNG, Eeyou Istchee (2015), MERN  
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