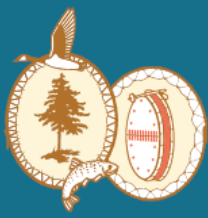


Message from Leadership

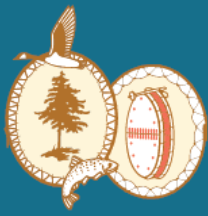
- As we can begin to imagine an end to the pandemic with the arrival of the Moderna vaccine in Eeyou Istchee things are getting much harder, and we need the commitment of people from Eeyou Istchee to reach the finish line. We have seen evidence that although there is no blame it takes just a few individuals to let down their guard and COVID-19 can enter our communities. The contact tracing team of the Cree Health Board is still working hard having investigated 727 contacts, testing 597 people and confirming 55 cases from the recent outbreak in Oujé-Bougoumou and Mistissini.
 - These people who tested positive represented a limited threat in Eeyou Istchee as the contact tracing team had already advised of the need to self-isolate. The Cree Nation owes a debt of gratitude to the frontline and contact tracing team of the Cree Health Board, which prevent cases from going into hundreds and devastating our communities. It is very sad to hear that people are not cooperating with them or worse disrespecting them and cursing at them when the team is working so hard. Once COVID-19 enters a community they are our only hope.
- The Cree Nation has been doing an amazing job in mobilizing for the Moderna vaccine already demonstrating that this will be the most successful campaign with such a state-of-the-art vaccine. It is imperative that we recognize that getting vaccinated is an important step in protecting ourselves and our health care system, more evidence is required to ensure that someone who is vaccinated cannot transmit COVID-19 to another after being exposed. We have to protect our youth who are yet to be immunized. Finally, it is known that the vaccine becomes effective between 72 hours and 2 weeks to get 94% protection and that the 2nd dose is needed ensure long term protection. We need to continue to demonstrate Cree strength and commitment to one another even after being vaccinated, as it is still possible to be a carrier.



Travelling

With ongoing efforts to bring an end to outbreaks in two of our communities, and the current investigation into a potential outbreak in two other communities: ALL NON-ESSENTIAL TRAVEL BETWEEN COMMUNITIES IS RESTRICTED AND SUBJECT TO THE 14 DAY MANDATORY SELF-ISOLATION.

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, including Northern Ontario as of January 12th, 2021		Southern Ontario and Northern Ontario are considered Areas of Risk
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) ○ Region 8 – Abitibi as of January 10th, 2021 @ 11:59PM ○ Region 9 – North Shore ○ Region 11 – Gaspé and Magdalen Islands ○ Region 12 – Chaudière-Appalaches 	Within Quebec: <ul style="list-style-type: none"> ○ Region 10 – Nord du Quebec ○ Region 17 - Nunavik ○ Region 18 – Cree Communities of Eeyou Istchee 	<p>Region 8 – Patients coming from Val-d’Or will follow the same 7/7 protocol that Montreal patients currently follow.</p> <p>Cree travellers outside Eeyou Istchee are advised to exercise extreme caution: As of January 9th, until February 8th, 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.</p> <p>Until February 8th 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>

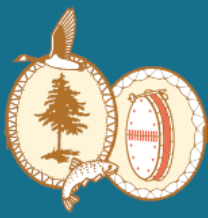


Cree School Board
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CREE NATION COVID-19 Bulletin

January 19th, 2021

<ul style="list-style-type: none"> 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>Cree Communities: Mistissini, OJ, Nemaska and Waswanipi</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

The recent outbreak in Mistissini and Oujé-Bougoumou, which had contacts in almost all other communities is slowly being brought under control. Unfortunately, there is now evidence of a potential outbreak involving Whapmagoostui and Chisasibi which could make its way to the other communities.

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.

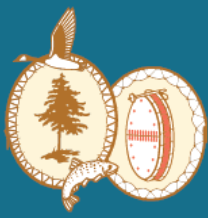
PHASE 2

- 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

It is important to note that Phase 1 is used to prevent the spread of COVID-19 so that “Contact Tracing” can be completed. There is evidence in Eeyou Istchee that COVID-19 is not spreading at commercial sites or clinics and hospitals that have pre-cautionary measures but rather is spreading during visits or private gatherings in homes and camps.

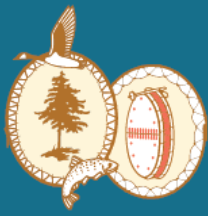
- Prohibition on visits or gatherings indoor and outdoor. If someone is not a resident of a home, they should not be in that home. “Visits” includes, cook outs, car rides, etc.
- Public buildings are upon appointment only.
- Access to and from the community is restricted to essential services only.



CREE NATION COVID-19 Bulletin

January 19th, 2021

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



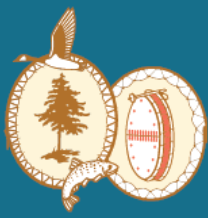
Vaccination Program

The rollout is going well for the Moderna vaccine in Eeyou Istchee:

Chisasibi	1,067 (47%)	Eastmain	303 (63%)
Mistissini	1,360 (54%)	Nemaska	81 (19%)
Ouje-Bougoumou	248 (48%)	Waskaganish	409 (38%)
Waswanipi	380 (44%)	Wemindji	379 (38%)
Whapmagoostui	136 (30%)	Total	4,363 (38%)

Education

Unfortunately, due the current status of confinement in the communities, in class instruction for children and adults will remain closed until further notice.



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.**