

Message from Leadership

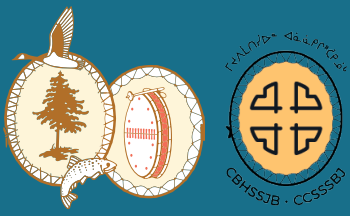
- Unfortunately, COVID-19 cases continue to climb at alarming rates throughout Canada and especially in Ontario and Quebec.
- The thoughts and prayers of the Cree Nation are with the community of Obedjiwan as they are experiencing the devastating consequences of COVID-19 getting into a community where in a short period there are over 100 cases.

Travelling

[Notice: Any changes in the status of a region from a previous announcement will be in **red**.]

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.



CREE NATION COVID-19 Bulletin

January 5, 2021

Travelling

Areas of Risk – Travel not advised, and travellers WILL BE subject to local Mandatory 14 Day Isolation Laws

Anywhere outside Quebec

within Quebec:

- 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 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

Chibougamau is an AREA of RISK as of 11:59 PM December 22nd, 2020 for: Whapmagoostui, Chisasibi, Wemindji, Eastmain and Waskaganish

Within Eeyou Istchee:

- any Hydro-Quebec site;
- any mine site
- any forestry camp

Areas of Reduced Risk -Travellers will NOT be subject to local Mandatory 14 Day Isolation Laws

Ontario regions of Sudbury, Porcupine and Timiskaming, which includes the municipalities of Sudbury, Timmins, Moosonee and North Bay

Within Quebec:

- Region 8 – Abitibi-Témiscamingue
- Region 10 – Nord du Quebec
- Region 17 – Nunavik
- Region 18 – Cree Communities of Eeyou Istchee

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)

- Windfall Mining Exploration Site of Osisko Mining Inc;
- Renard Mine Site of Stornoway;
- Éléonore Mine Site of Newmont

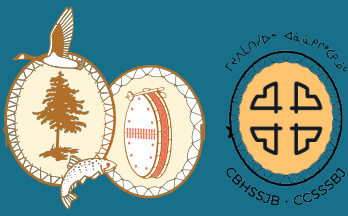
Special Note

Travelling is becoming riskier due to the increase in instances of COVID-19. Please be vigilant if you must travel.

Region 2 – Saguenay-Lac-St-Jean cases were coming down but unfortunately before they could get to reasonable levels have begun increasing again.

Region 8 – Abitibi-Témiscamingue has had a significant jump in cases in recent days and contact tracers continue to work diligently to contain the growing number of cases.

Chibougamau had a few cases with unidentifiable origins in late December, making the municipality a significant source of risk. Non-essential visitors from Chibougamau will have to self-isolate for 14 days under the local mandatory isolation laws.



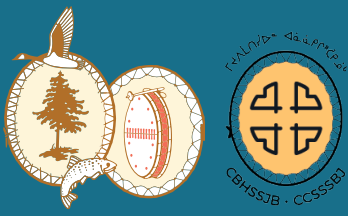
Eeyou Istchee Deconfinement Plan

Currently communities are in Phase 3 of our deconfinement plan:

PHASE 3

- **Outdoor gathering 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)

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	
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	



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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:

<https://creehealth.org/covid-vaccine-faq>

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

1-866-855-2811

Reliable Sources

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

■ eeyouistcheecovid19.org/

■ cngov.ca/covid-19/

■ creehealth.org

■ eeyoueducation.ca

■ quebec.ca/coronavirus

■ canada.ca/coronavirus

Psychosocial Health

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**.