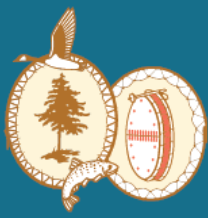


Message from Leadership

- COVID-19 cases across Canada and Quebec are still unacceptably high, however it is clear that the all the efforts that are being made to restrict private gatherings are working. The province is looking forward to a reduction in restrictive measures if the downward trend of cases can be maintained.
- The recent measures in the Cree Nation to restrict inter community travel and limit gatherings by remaining in Phase 2 to has assist the Cree Health Board enormously by helping us avoid a couple minor cases from turning into serious outbreaks. The contact tracing team at the Health Board deserves our gratitude and continued support, we have a very exhausted health care system that is managing both a vaccination campaign and efforts to contain cases from becoming outbreaks. If we can continue to do what we can to restrict contacts and potential points of entry of COVID-19 we can resume inter community travel and modest gatherings as we did under Phase 3 soon.



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COVID-19 Summary, March 15th, 2020 to February 1st, 2021

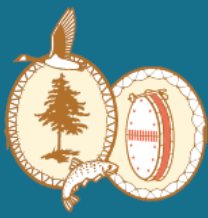
Cases	Confirmed	Still active	Recovered	Deaths	Hospita- lized only	Medevac and hospitalized
PUI 2020	19	0	17	2	4*	2
PUI 2021	5	4	1	0	2*	0
January outbreak	90	8	81	1	2	0
Total	114	12	99	3	8*	2

* Five of these persons were already hospitalized for unrelated causes when they were diagnosed with COVID-19.

Management of Outbreak

Global portrait of outbreak confirmed cases by residence, February 1st, 2021

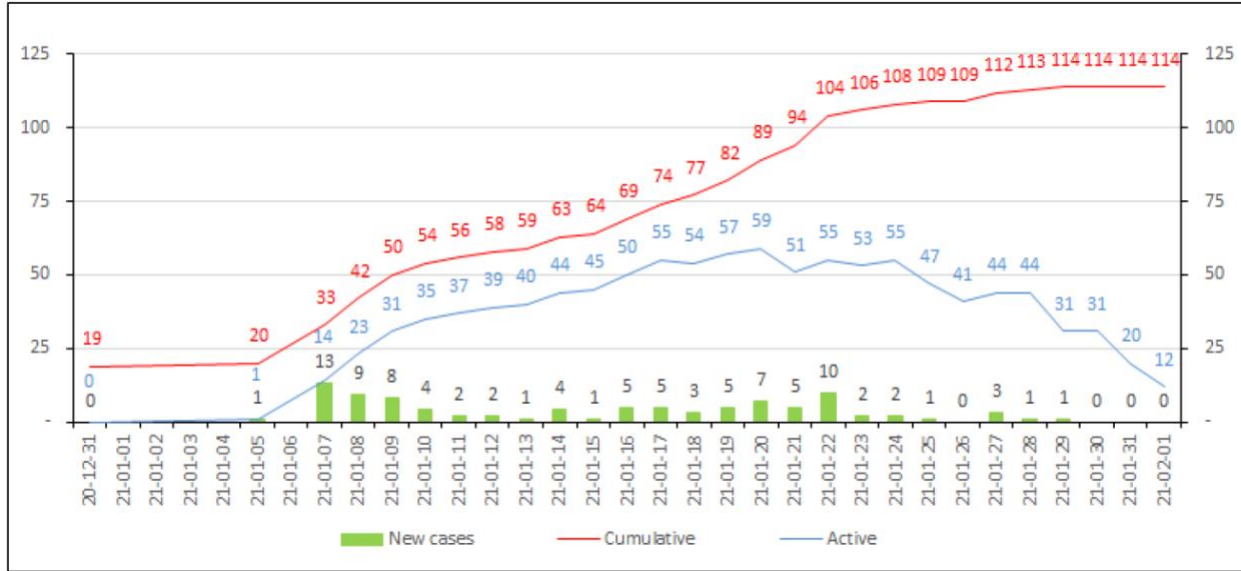
Territory	Confirmed cases	%	Recovered	% confirmed
Confirmed cases	91	100%	82	90%
In Eeyou Istchee / % confirmed	90	99%	81	90%
Mistissini / % EI	57	63%	50	88%
Ouje Bougoumou / % EI	29	32%	27	93%
Undisclosed / % EI	4	4%	4	100%
Out of Eeyou Istchee/ % confirmed	1	1%	1	100%



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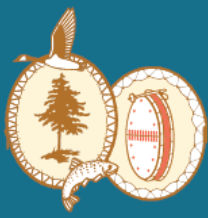
Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to February 1, 2021



Global portrait of contacts by residence, February 1st, 2021

Territory	Total under investigation	Not tested	Tested positive	Tested negative	Waiting for results	Waiting for test	Isolation completed
Chisasibi	9	2	-	7	-	-	6
Eastmain	1	-	-	1	-	-	1
Mistissini	327	31	57	220	7	3	137
Nemaska	10	-	-	10	-	-	9
Ouje-Bougoumou	243	6	29	205	2	-	203
Waskaganish	3	-	-	3	-	-	-
Waswanipi	24	-	*	21	*	-	13
Wemindji	1	-	-	1	-	-	1
Whapmagoostui	24	-	*	23	*	-	23
Missing community	-	-	-	-	-	-	-
Total Eeyou Istchee	642	39	90	491	9	3	393
Out of Eeyou Istchee	16	3	1	10	2	-	5
Total	658	42	91	501	11	3	398

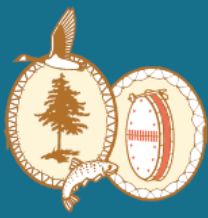
* Community numbers with positive cases less than 10 are not reported for confidentiality purposes.



Travelling

With ongoing efforts to bring an end to recent 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.** (An exception is made for Residents of a community returning home or the transportation of children (under 18) to their parent, who should not be 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		Cases are coming down, but still too high to consider changing status for travel purposes.
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 	Within Quebec: <ul style="list-style-type: none"> ○ Region 10 – Nord du Quebec ○ Region 17 - Nunavik ○ Region 18 – Cree Communities of Eeyou Istchee 	Warning: Outside of our communities the 8pm to 5am curfew will remain in force until February 8 th (Monday), 2021 and there is a restriction on all gatherings. 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.

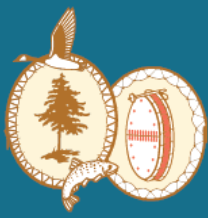


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<ul style="list-style-type: none"> ○ Region 11 – Gaspé and Magdalen Islands ○ Region 12 – Chaudière-Appalaches ○ Region 13 – Laval ○ Region 14 – Lanaudière ○ Region 15 – Laurentians Region 16 – Montérégie 		
<p>Within Region 10:</p>	<p>Within Region 10: Radisson, Matagami, Lebel-Sur-Quevillon, Chapais and Chibougamau are not areas of risk.</p>	<p>Chibougamau has done very well in recent weeks and is no longer considered an area of risk. It is important to keep in mind the restrictions that apply throughout Quebec, the curfew, restrictions on gatherings, limited business allowed open apply to Chibougamau, Chapais, Lebel-Sur-Quevillon, Matagami and Radisson even if they are in Eeyou Istchee.</p>
<p>Non-Essential Inter Community Travel</p>	<p>Essential Inter Community Travel, including Residents returning home or children traveling to a parent</p>	<p>The restriction is maintained for another week to assist the Cree Board of Health contact tracing team ensure that recent cases are not signs of an outbreak.</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

When it has been 14 days since the last case, a community can consider moving to another phase.

The community of Whapmagoostui can consider moving to Phase 2. To move from Phase 2 to Phase 3 the communities of Chisasibi, Wemindji, Eastmain, Waskaganish, Nemaska and Waswanipi need one more week. Unfortunately, Mistissini and Oujé-Bougoumou had two new cases recently requiring they remain in Phase 1 for the time being.

PHASE 3

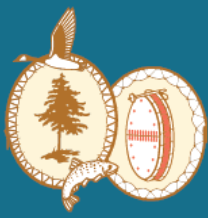
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

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 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.

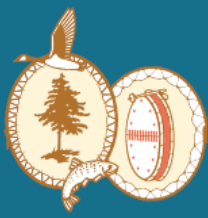


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Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 2	Travel to and from the community is heavily restricted. Non-community members are not permitted to enter.
Eastmain	Phase 2	Travel to and from the community is heavily restricted. Non-community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

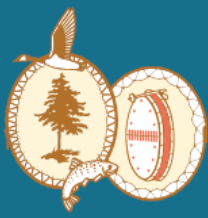


Vaccination Program

The Cree Nation has achieved 69% of those eligible to be vaccinated and it is important the momentum be maintained to ensure the highest level of vaccination to ensure we can preserve our health care system where we can. All vaccination efforts at this time need to remain focused on reaching the highest coverage possible coverage with the first dose.

Total results of COVID-19 vaccination as of February 1st, 2021

Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougou-mou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
2,604	472	1,908	376	367	1,073	803	924	576	9,103



Education

Schools are vital institutions of our communities and we must do everything we can to keep them open for the development, mental health and well-being of our children.

The return to school for all communities in Scenario B is going well. The Cree School Board will continue to work with Public Health to evaluate scenarios for the communities of Oujé-Bougoumou, Whapmagoostui and Mistissini for the week of February 8. All updates will be announced Thursday afternoon.

For the community of Mistissini, School Age Daycare is open for essential workers only.

The departments of School Operations and Information and Technology are working together to deploy the laptop loans for Secondary 4 & 5 students, beginning with the communities of Mistissini, Oujé-Bougoumou, and Waswanipi.

For all the communities in Phase 1, Sabtuan's General Education and Vocational Programs remain online.

For all the communities in Phase 2, Sabtuan's Vocational Programs have resumed, and General Education students are back to in-class instruction. All health measures have been heightened.



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.**