



Message from Leadership

- Fortunately, daily cases and hospitalization across Canada and in Quebec continue to come down showing signs that we may be on the other side of the second wave which was much more challenging than the first wave of this Spring. Despite this good news there is reason to be very cautious as news of new variants of the COVID-19 are being identified in the Abitibi region and Montreal, this is what we do know about the new variants:
 - The new variants (UK and South Africa) are more easily transmitted than the original strain of COVID-19;
 - The vaccine is still a valuable tool in combatting the new strains of COVID-19.
- Public Health and local Public Safety officers have determined that it would be advisable to maintain the restriction on non-essential inter-community travel for at least another 14 days due to the concerns associated with the new variants of COVID-19 and the pre-occupations of authorities over the possibility of a “third wave”. It is important to keep in mind that respecting the same measures that got us this far will continue to protect us: physical distancing, hand washing, 14 day precautionary isolations, etc.
- Jurisdictions that have successfully vaccinated high percentages of their populations are seeing a significant reduction in COVID-19.



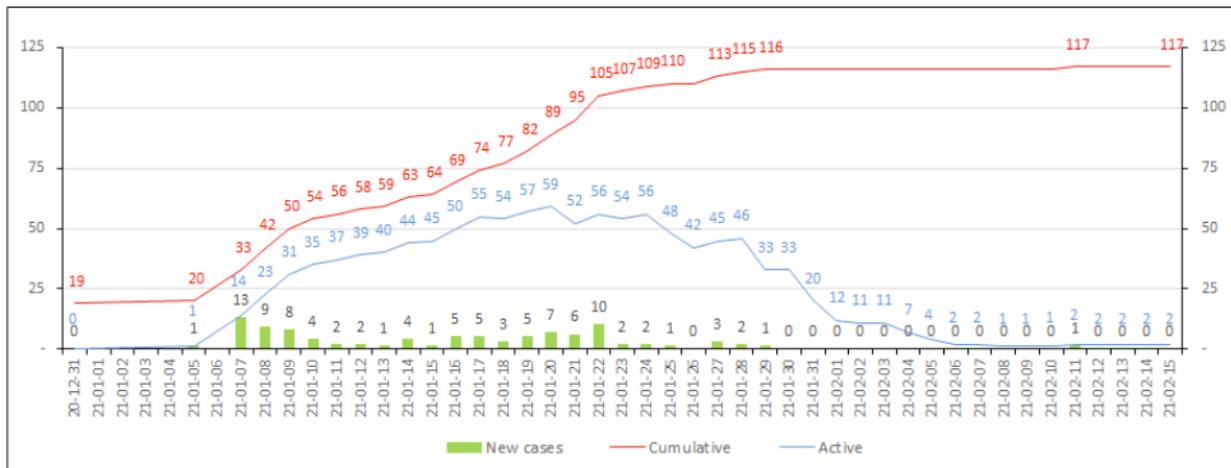
CREE NATION COVID-19 Bulletin

February 16th, 2021

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

Cases	Confirmed	Still active	Recovered	Deceased	Hospitalized only	Medevac and hospitalized
PUI 2020	19	0	17	2	4*	2
PUI 2021	8	2	6	0	4*	0
January outbreak	90	0	89	1	2	0
Total	117	2	112	3	10*	2

Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to February 15th, 2021





Travelling

We require 14 days without community transmission before we consider changing the status of a region. Although, neighboring regions are improving more time is required for things to become stable: **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 ○ Region 11 – Gaspé and Magdalen Islands 	Within Quebec: <ul style="list-style-type: none"> ○ Region 10 – Nord du Quebec ○ Region 17 - Nunavik ○ Region 18 – Cree Communities of Eeyou Istchee 	<i>These measures DO NOT apply inside our communities on Category I lands:</i> Quebec has introduced new measures for Northern Quebec (orange) which apply as far South as Abitibi or Saguenay-Lac-St-Jean: <ul style="list-style-type: none"> • Curfew from 9:30pm to 5 a.m. • Indoor or outdoor gatherings are prohibited • Business can open with restrictions on the number of people (1 person per household) • Restaurants are open for dining for a maximum of 2 adults per group and a registry of clients must be maintained (only residents of the region are allowed to enter a restaurant of that region) • Bars closed



CREE NATION COVID-19 Bulletin

February 16th, 2021

<ul style="list-style-type: none"> o Region 12 – Chaudière-Appalaches o Region 13 – Laval o Region 14 – Lanaudière o Region 15 – Laurentians o Region 16 – Montérégie 		<p>Southern areas of Quebec (Red) such as Gatineau, Laurentians, Montreal or the Quebec City regions remain with the severe restrictions we saw throughout Quebec in January, for example:</p> <ul style="list-style-type: none"> • Curfew 8pm to 5am • Bars and Restaurants are closed • Prohibition on all gatherings
<p>Non-Essential Inter Community Travel</p>	<p>Essential Inter Community Travel, including <u>Residents</u> returning home or children traveling to a parent</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>

CAUTION: Travellers are always advised to call ahead and verify the entry restrictions or travel restrictions that may exist at their point of destination or regions that they are transitioning to as conditions can change quickly.



Eeyou Istchee Deconfinement Plan

When it has been 14 days since the last case, a community can consider moving to another phase. There are other considerations that must be taken into account such as the nature of the last case and if it had been completely contact traced or the risk that very close neighboring regions.

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.



CREE NATION COVID-19 Bulletin

February 16th, 2021

Cree School Board
Commission scolaire crié

Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Eastmain	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Mistissini	Phase 2	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Nemaska	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Oujé-Bougoumou	Phase 2	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Waskaganish	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Waswanipi	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Wemindji	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Whapmagoostui	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.



Vaccination Program

The Cree Nation has achieved 72% of those eligible to be vaccinated and continued efforts are required to get as many people vaccinated as possible to assist in allowing the Cree Nation to return to a more normal life sooner.

It is important to note that even as the Cree Board of Health and Social Services of James Bay makes preparations for the administration of the 2nd dose of the Moderna Vaccine, individuals are encouraged to call their local medical centers to make arrangement to receive the first dose.

As jurisdictions and airlines around the world ask for proof of vaccination, efforts are being made to identify the appropriate “attestation” of vaccination that can be given to recipients of the second dose. Remember you cannot get a second dose until you have had a first dose and the first dose is always available, even when the administration of the second dose has begun.

Many jurisdictions are concerned with a 3rd wave of COVID-19 in association with the emergence of variants of COVID-19 and vaccination will be a very important tool for the Cree Nation in ensuring that a 3rd wave has minimal impact on Eeyou Istchee.

Total results of COVID-19 vaccination as of February 8th, 2021

Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
2,693	479	1,942	401	392	1,133	881	951	634	9,506



Education

All Mistissini elementary and secondary students continue to learn online this week. The schools are preparing for a safe and gradual return to in-class instruction for next week. All other community schools have returned to in-class instruction and are following Scenario B measures.

A resource page for students and parents needing help setting up their Office 365 accounts, including Teams and Outlook applications, will be available on eeyoueducation.ca soon. Laptop loans for Mistissini high school students continue to be distributed.

Post-Secondary Student Services is working closely with Public Health on a safe plan for PSSS students who wish to visit their communities during their March break.

Sabtuan Adult Student Services is currently reviewing their plan for students to return to the Sabtuan Regional Vocational Training Centre in Waswanipi. Local vocational training programs have all resumed.



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.**