

### Message from Leadership

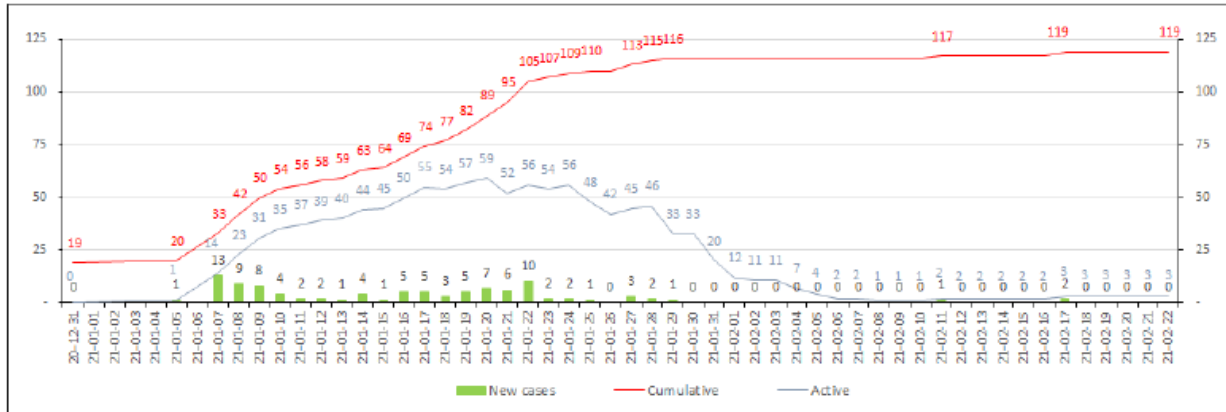
- As cases begin to slowly come down in Quebec and Ontario every jurisdiction struggles with trying to find slow and responsible ways to ease restrictions on populations that are completely exhausted from the restrictions imposed to protect us from COVID-19 and protect our health care system. The importance of protecting the health care system has also become more apparent as some people are becoming seriously ill or worse losing their lives, because the health care system is burdened with COVID-19 limiting the ability to respond to the population's normal health care needs.
- Concerns in regions south of ours continue to be concerned with the emergence of variants of COVID-19 with 40 suspected cases of the South African variant being identified in Abitibi yesterday. These variants tend to be more contagious and concerns are that they could trigger a 3<sup>rd</sup> wave of COVID-19 if everything isn't done to keep them out.
- Leaders from all entities are working hard to develop procedures and tools that will allow the Cree Nation to safely resume inter-community travel, travel during the upcoming goose break, travel for Post-Secondary students which should be made public in the coming weeks.

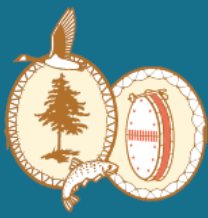


# CREE NATION COVID-19 Bulletin

February 23<sup>rd</sup>, 2021

## Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to February 22<sup>nd</sup>, 2021

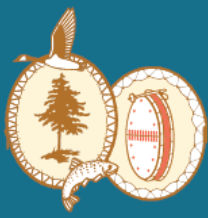




### Travelling

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 <b>WILL BE</b> subject to local Mandatory 14-Day Isolation Laws	Areas of Reduced Risk - Travellers will <b>NOT</b> be subject to local Mandatory 14-Day Isolation Laws	Special Note
Anywhere outside Quebec, <b>including Northern Ontario as of January 12<sup>th</sup>, 2021</b>		Cases are coming down, but still too high to consider changing status for travel purposes.
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><i>These measures DO NOT apply inside our communities on Category I lands:</i></b> Quebec has introduced new measures for Northern Quebec (orange) which apply <b>Region 1 – Lower St-Lawrence; Region 2 – Saguenay-Lac-St-Jean; Region 7 – Outaouais (Gatineau); Region 8 – Abitibi; Region 9 – North Shore; Region 11 – Gaspé:</b> <ul style="list-style-type: none"> <li>• Curfew from 9:30pm to 5 a.m.</li> <li>• Indoor or outdoor gatherings are prohibited: <b>This means that people are not allowed to go for visits in homes in communities such as, Val-d’Or, Gatineau, Chibougamau, Chapais, LSQ, etc.</b></li> <li>• Business can open with restrictions on the number of people (1 person per household)</li> </ul>

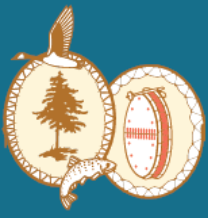


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<ul style="list-style-type: none"> <li>○ Region 12 – Chaudière-Appalaches</li> <li>○ Region 13 – Laval</li> <li>○ Region 14 – Lanaudière</li> <li>○ Region 15 – Laurentians</li> <li>○ Region 16 – Montérégie</li> </ul>		<ul style="list-style-type: none"> <li>• 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)</li> <li>• Bars closed</li> </ul> <p>Southern areas of Quebec (Red) such as, 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"> <li>• Curfew 8pm to 5am</li> <li>• Bars and Restaurants are closed</li> <li>• Prohibition on all gatherings</li> </ul>
<p><b>Non-Essential Inter Community Travel</b></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"> <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>

**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.

### PHASE 3

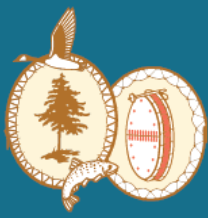
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

### 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.

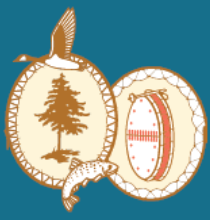


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Cree School Board  
Commission scolaire crié

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.



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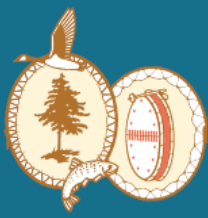
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## Vaccination Program

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.

### Total results of COVID-19 vaccination as of February 22<sup>nd</sup>, 2021

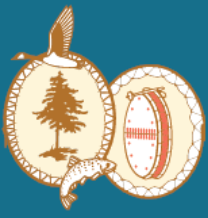
Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,715	491	1,979	418	406	1,149	893	958	648	9,657



## Education

- CSB schools continue to build their online learning capacity. Most schools have received the laptop loans for their Secondary 4 and 5 students. Laptop loans for the remaining Secondary students will be distributed in the upcoming weeks.
- For Adult education, in-class instruction has resumed for most programs, with the exceptions for:
  - Mistissini, where programs continue to be given online due to the Mistissini Adult Learning Centres preparations.
  - SRVTC, where regional vocational programs remain paused due to the intercommunity travel restrictions, with tentative plans to resume on March 10.
- Post-Secondary Student Services are working in collaboration with CBHSSJB on vaccination plans for post-secondary students. The CSB looks forward to supporting Public Health in this initiative.
- The CSB is proactively planning for Spring break for PSSS students, Goose Break for the Adult and Youth sectors, and the next school year for all the education sectors, with public health considerations at the forefront of decision-making.





### 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.**