

## Message from Leadership

- Although the number of cases across Quebec continue to come down with less than 900 cases per day for the last week showing some signs of relief, the preoccupation remains for the variants of COVID-19. Variants have been observed to be extremely contagious thereby have the capacity to infect more people. Variants of the virus have now been identified in 5 five regions, including Abitibi-Témiscamingue. It will be important to observe the effects of the March Break.
- Continuing to preserve the capacity of health care systems across the province, including ours in Eeyou Istchee, remains a priority. The January outbreak has shown that our health system can quickly become strained.
- Practicing hand washing, wearing a mask, keeping a 2-meter distance, as well as vaccination continue to be very important, especially with the variants being identified in regions near ours, and helps preserve our health care system's capacity to manage an outbreak and continue providing services to our residents.
- Limiting the number of contacts, regardless of the phase the community is in, will allow to reduce the number of cases in the event of an outbreak.
- Vaccination in Eeyou Istchee continues and is available for individuals who have yet to receive their first dose of the vaccine. People are encouraged to contact their local CMC for information on accessing vaccination sites in the community.
- Leadership, public safety officers, and public health are working hard to provide tools and guidance that will assist us in keeping the Cree Nation safe from COVID-19 and its variants. The gradual resuming of inter-community travel and preparing communities for safe travels in the upcoming Goose Break continues to be a priority and will be assessed as neighboring regions continue to be monitored closely. In the meantime, the gradual deconfinement of communities can hopefully provide some relief. Visiting family and friends is important for the Cree Nation and we all want to do this safely and protect our loved ones.

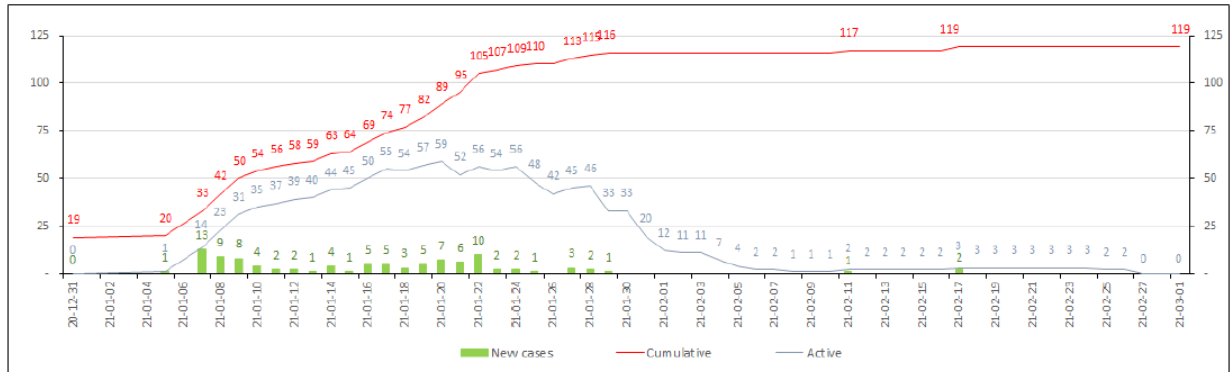


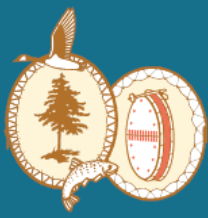
# CREE NATION COVID-19 Bulletin

March 2<sup>nd</sup>, 2021

Cree School Board  
Commission scolaire crie

## Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to March 1<sup>st</sup>, 2021

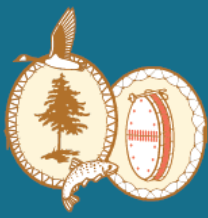




### Travelling

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 subject to local Mandatory 14-Day Isolation Laws</b>	Areas of Reduced Risk - Travellers will <b>NOT be subject to local Mandatory 14-Day Isolation Laws</b>	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</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 as far South as Abitibi or Saguenay-Lac-St-Jean: <ul style="list-style-type: none"> <li>• Curfew from 9:30pm to 5 a.m.</li> <li>• Indoor or outdoor gatherings are prohibited</li> <li>• Business can open with restrictions on the number of people (1 person per household)</li> <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> </ul>

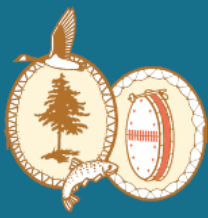


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<ul style="list-style-type: none"> <li>○ Region 12 – Chaudière-Appalaches</li> <li>○ Region 13 – Laval</li> <li>○ Region 14 – Lanaudière</li> <li>○ Region 15 – Laurentians</li> <li>Region 16 – Montérégie</li> </ul>		<ul style="list-style-type: none"> <li>• Bars closed</li> </ul> <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"> <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 4

- Outdoor gatherings 150 maximum
- Indoor gatherings 50 maximum
- Offices and places of business are open with precautionary measures carefully maintained

### 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.

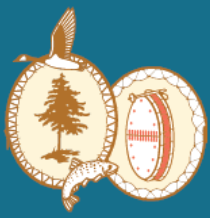


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Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Eastmain	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Mistissini	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Nemaska	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Oujé-Bougoumou	Phase 3	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Waskaganish	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Waswanipi	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Wemindji	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Whapmagoostui	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.



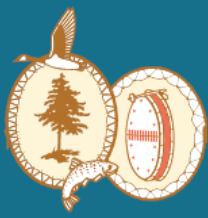
### Vaccination Program

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.

The second dose of Moderna is expected to arrive in Eeyou Istchee by the end of March.

### Total results of COVID-19 vaccination as of March 1<sup>st</sup>, 2021

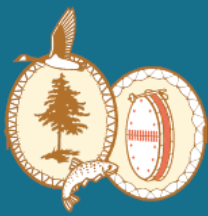
Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougou-mou	Waskaganish	Waswanipi	Wemindji	Whapmagoostui	Total
First dose	2,715	497	2,013	418	416	1,158	901	962	654	9,734



## Education

- Distribution of laptops for all Secondary-level students continues this week. The CSB would like to thank all employees, parents, and students for their hard work and support as we strengthen our online learning capacity.
- Mistissini schools continue with their gradual reopening, with all students scheduled to be back to in-class instruction full-time by Monday, March 8.
- All local adult education programs have resumed in the communities. Regional programs at Sabtuan Regional Vocational Training Centre will resume March 10. We are currently working to coordinate the safe and controlled travel of students from their communities to the SRVTC residence.
- As part of the CSB's ongoing efforts to promote mental health and wellness in our schools, all CSB buildings will be closed for a Well-Being day on Friday, March 5. It is our sincere hope that this Well-Being Day gives everyone a chance to recharge and enjoy a moment of rest.





### 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.**

