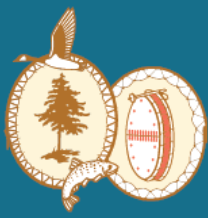




Message from Leadership

- Cases are being closely monitored as March Break has ended for students across the province. The COVID-19 variants continue to be a concern for public health authorities as the risk of contagion of these strains is much quicker than the regular COVID-19 virus. Eight regions, an increase from the five of last week, are now confirmed to have variants of COVID-19 with the UK and South African strains being predominant. Abitibi-Témiscamingue now counts 40 cases of the South African variant.
- Eeyou Istchee (Region 18) and Nord-du-Quebec (Region 10) have been doing well with no cases reported locally for either of the regions. Continuing to be diligent and exercising caution remain critical in order to reach stability.
- Although precautions are followed thoroughly, an employee of the Cree Patient Services of Val d'Or has tested positive for COVID-19. 62 individuals have been identified as contacts in the contact tracing efforts undertaken by Cree Public Health. The patients who have returned home are all in precautionary isolation with monitoring and testing to continue with Public Health until satisfactory results are obtained. Local Public Safety Officers are informed of this situation and ensuring best possible monitoring in close collaboration with Public Health. This is a reminder that the virus is still very active and that all necessary measures must continue to be followed.
- Given the situation with patients having returned home and currently isolating in their communities, [inter-community travel will be reviewed on Thursday, March 11](#). The safety and health of our communities and loved ones outweigh the risks of a situation with the potential of devastating our health care system and frontline workers who have been essential in protecting our communities during this past year of the pandemic.
- Vaccination in Eeyou Istchee continues to be available for individuals who have yet to receive their first dose of the vaccine. People are encouraged to contact their local CMC for an appointment to get their vaccine. It's free and helps protect us from complications of COVID-19. The more people are vaccinated, the stronger we become as a community fighting the virus.

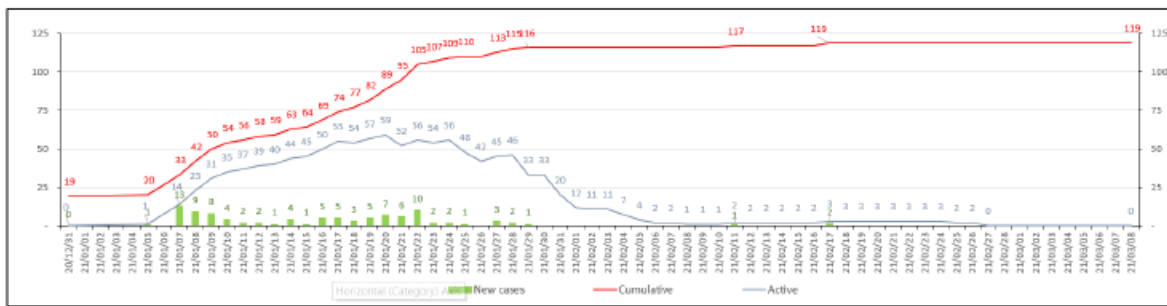


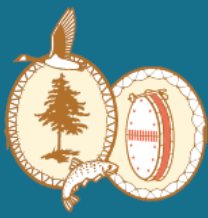
CREE NATION COVID-19 Bulletin

March 9th, 2021

Cree School Board
Commission scolaire crie

Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to March 8th, 2021

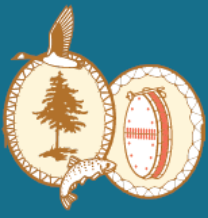




Travelling

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 ○ 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)

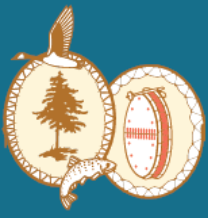


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<ul style="list-style-type: none"> ○ Region 12 – Chaudière-Appalaches ○ Region 13 – Laval ○ Region 14 – Lanaudière ○ Region 15 – Laurentians Region 16 – Montérégie 		<ul style="list-style-type: none"> • Bars closed <p>Southern areas of Quebec (Red) 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.

PHASE 4

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

PHASE 3

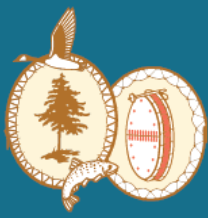
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

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.

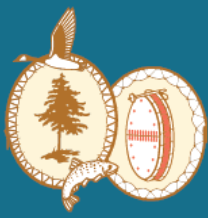


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Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Eastmain	Phase 4	Travel to and from the community is heavily restricted. 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 **75%** 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.

Re-Entry Vaccination Program

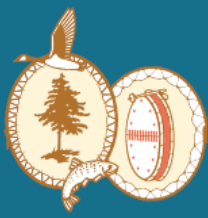
For **beneficiaries outside of Eeyou Istchee** who wish to receive their first dose of the vaccine before returning to their community, you may do so **before March 31** by scheduling an appointment.

Post-secondary students of all regions are also encouraged to take advantage of this Re-Entry Program to receive a vaccine before returning to their home community.

Please email your request here: 18TCR.ReentryVaccine@ssss.gouv.qc.ca

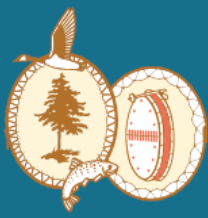
Total results of COVID-19 vaccination as of March 8th, 2021

Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougou-mou	Waskaganish	Waswanipi	Wemindji	Whapmagoostui	Total
First dose	2,757	505	2,061	428	438	1,210	912	975	654	9,940



Education

- The Goose Break plans for the Youth Sector and Adult Education are underway.
- All Youth Sector schools have resumed to in-class instruction full-time this week. The CSB would like to thank all employees, students, and parents for their continuous support in the gradual and safe reopening of our schools.
- All loaner laptops for Secondary 4 & 5 students have been delivered to their communities. For Secondary 1 to 3 in Waswanipi, Nemaska, Eastmain, Wemindji and Chisasibi; their loaner laptops will be delivered this week. Waskaganish students will receive them next week.
- Sabtuan Regional Vocational Training Centre will resume on March 15. We continue to coordinate the safe and controlled travel of students from their communities to the SRVTC residence.



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.**