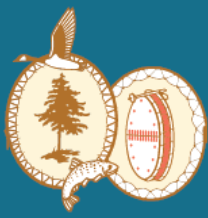


### Message from Leadership

- Unfortunately, cases seem to be creeping upward, in neighboring regions and provinces which is assumed to be related to an increase in COVID-19 variants which are more contagious, however the Cree Nation continues to do well with the vaccination campaign. The COVID-19 variants pose a very serious threat in triggering a 3<sup>rd</sup> wave which would cripple exhausted front line and health workers and require the maintenance or introduction of even stricter conditions on a population that is also exhausted. It is for this reason that residents and workers of Eeyou Istchee need to be ever vigilant in respecting restrictions, precautions and not taking unnecessary risks.
- Vaccination continues to proceed well in Eeyou Istchee with 75% of the eligible population being vaccinated (or 47% of the total population). The Cree Health Board has received confirmation of the arrival of the 2<sup>nd</sup> dose and the plan is to begin administration on 29<sup>th</sup>, March, 2021 throughout Eeyou Istchee if all goes as planned. As the administration of the 2<sup>nd</sup> dose begins, people still can and are encouraged to seek their 1<sup>st</sup> dose. The vaccine is very important in ensuring that even though you may still catch COVID-19 you will not suffer the severe symptoms, or worse, death. You protect yourself and the health care system by taking the vaccine.
- A recent outbreak at a mine site (Eleonore) has required that workers coming from the site be placed under precautionary self-isolation while they are screened through testing by Public Health. Every community of Eeyou Istchee, except Whapmagoostui and Nemaska are affected by the measure. Hopefully, the screening which will be completed by the Cree Health Board before the end of the week will indicate that the outbreak is restricted to the mine site.



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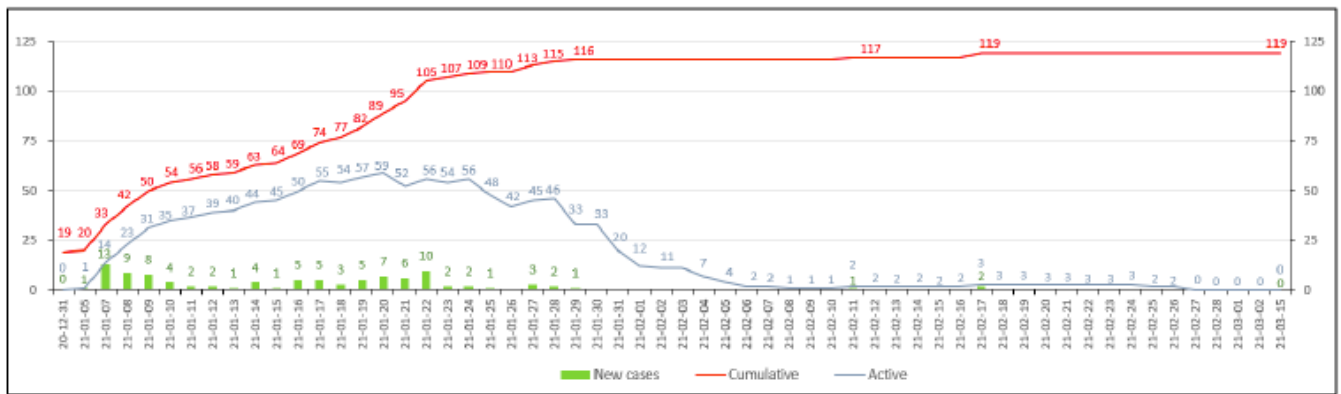
- Local Public Security administrations have been putting in place an information management system which will allow communities and regional entities to share information on where, when and how people are traveling. This information will be critical in ensuring that Public Health has the information they need to intervene very quickly with all the contact information they need in the event of a suspected outbreak. The implementation of this powerful tool combined with confirmation that the recent outbreak at the Eleonore mine is restricted to the site will allow local public security administrations to consider slowly more types of inter-community travel by the end of this week.
- In planning for the 2021 Goose Break it is important to note that it is extremely difficult to predict the status of regions such as the Ottawa or Gatineau area. Considering the current status of COVID-19 and the serious threat of a third wave caused by variants of COVID-19 it is extremely unlikely that visitors or hunters from southern regions will be exempt from the local isolation laws this Spring. The most certain place to plan for and the safest place to be for goose break is within Eeyou Istchee at our camps. Therefore, it is highly recommended that Cree hunters from Eeyou Istchee refrain from going to the South for Goose Hunting in 2021.
  - Leading up to goose break people will have to be extra cautious as the conditions at hunting camps and close proximity in which we live in camps poses a risk. It is very important that people do not use their hunting camps to self-isolate with others or receive guests that have come from high-risk regions. The outbreak at the beginning of 2021 which hit Eeyou Istchee so hard began at a camp.

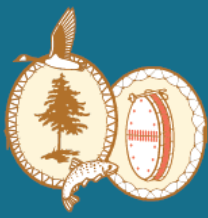


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## Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to March 15<sup>th</sup>, 2021

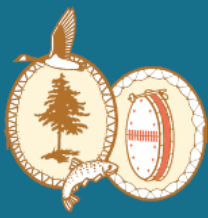




## Travelling

We require 14 days without community transmission before we consider changing the status of a region. Neighboring regions are seeing a slight increase in recent days of cases: **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>• <u>Indoor or outdoor gatherings are prohibited (for example, <b>PEOPLE ARE NOT ALLOWED TO VISIT HOMES IN CHIBOUGAMAU, CHAPAIS, LSQ, MATAGAMI, ETC.</b>)</u></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</li> </ul>



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<ul style="list-style-type: none"> <li>o Region 12 – Chaudière-Appalaches</li> <li>o Region 13 – Laval</li> <li>o Region 14 – Lanaudière</li> <li>o Region 15 – Laurentians</li> <li>o Region 16 – Montérégie</li> </ul>		<p>(only residents of the region are allowed to enter a restaurant of that region)</p> <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 – Except for between Waswanipi, Oujé-Bougoumou and Mistissini.</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: Every community has their own procedure for applying for entry into the community** and travellers are always advised to call ahead and verify the entry procedure 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

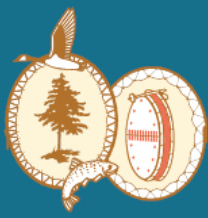
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

### 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.

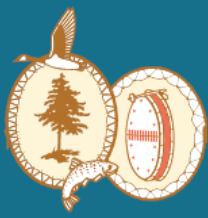


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Cree School Board  
Commission scolaire crie

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 4	Travel to and from the community is restricted to Waswanipi, Mistissini and Oujé-Bougoumou residents until further notice.
Nemaska	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Oujé-Bougoumou	Phase 4	Travel to and from the community is restricted to Waswanipi, Mistissini and Oujé-Bougoumou residents until further notice.
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 restricted to Waswanipi, Mistissini and Oujé-Bougoumou residents until further notice.
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.

### Vaccination Outside Region 18

Service agreements have been secured with the regions of Outaouais, Estrie, Abitibi and Montreal for Cree beneficiaries and students outside of Region 18 to receive their vaccine as part of the Re-Entry Program.

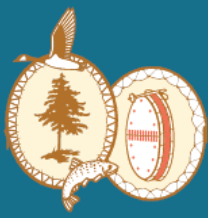
For beneficiaries in the Outaouais (Region 07), please call **Clic-Santé** at **1-877-644-4545** after 6PM on weekdays before March 18. You must identify yourself as a Cree beneficiary from Region 18 after which you will be provided an appointment on either March 18 or 19 at the Palais des Congrès in Gatineau.

For beneficiaries from the Montreal, Abitibi and Estrie regions, please email the Cree Health Board for registering an appointment: [18TCR.ReentryVaccine@ssss.gouv.qc.ca](mailto:18TCR.ReentryVaccine@ssss.gouv.qc.ca)

### Total results of COVID-19 vaccination as of March 15<sup>th</sup>, 2021

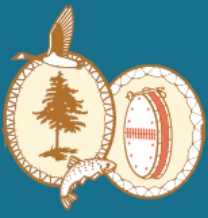
Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,757	511	2,068	429	438	1,210	945	975	654	9,987





## Education

- **Digital learning:** The Cree School Board is completing its final shipments of student laptops this week. Following these shipments, we will have distributed approximately 2,100 new laptops for Secondary and Adult Education students to borrow from their schools for online learning purposes. This is a tremendous achievement for our overall digital learning readiness, and we are grateful to everyone who made it possible.
- **Goose break:** We are working to ensure a positive Goose Break experience for all. Teachers who plan to travel will be supported to follow the isolation protocols in place. Post-Goose Break pedagogical plans are also being developed to support students following the break.
- **Summer holidays:** Planning for summer holidays and the next school year is well underway, with potential COVID-19 measures in mind. Schedules will accommodate six weeks of vacation plus two weeks of self-isolation for all teachers and staff traveling outside the communities.
- For full details on goose break and summer holiday schedules, please reference the Cree School Board's regular COVID-19 update, which will be posted on Facebook and [eeyoueducation.ca](http://eeyoueducation.ca) this Thursday. Beginning this week, the CSB COVID-19 update will now be every two weeks, rather than weekly.



## 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.**

## COVID-19 PREVENTION AND VARIANT INFO

To learn more about how to prevent the spread of COVID-19 and for information on variants of COVID-19, please visit:

<https://www.creehealth.org/covid/prevention>