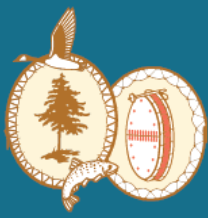


## Message from Leadership

- Worldwide even with the hope represented by vaccines and as more jurisdictions accelerate their vaccine roll out campaigns, COVID-19 continues to have devastating consequences, especially in those jurisdictions that have.
- Quebec is improving and showing signs that we will emerge from the 3<sup>rd</sup> wave in the coming weeks. The regions of Abitibi are doing exceptionally well, like Eeyou Istchee and Region 10 – Nord du Quebec. This success is largely due to the discipline of local populations, public health authorities and their concerted efforts to restrict access to public places by those coming from red zones. Unfortunately, even as cases in Quebec come down generally, there are pockets or flare ups that might require the closing of the specific region in Southern Quebec from time to time. Deconfinement will need to be a cautious process.
- The Cree Nation has been doing exceptionally well in the vaccination campaign, respecting precautionary measures and restrictions and implementing tools to manage access to our communities. The Public Health Department of the Cree Board of Health and Social Services of James Bay has been working hard to develop plans for taking safe steps forward to ease the burden on local populations and begin our journey towards to more normal times



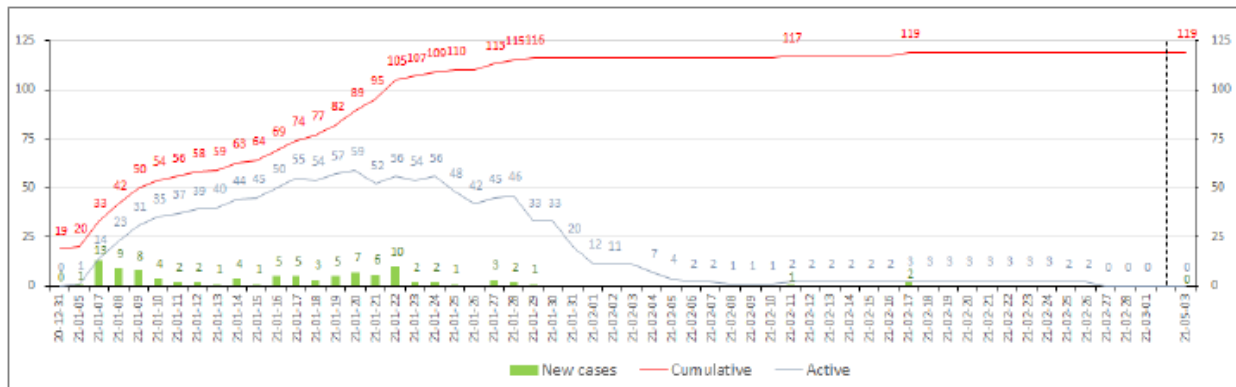
- As a first step towards responsible deconfinement the following is being recommended to the communities of Eeyou Istchee:
  - There is growing evidence of the benefits of getting vaccinated: provides greater protection from catching and transmitting COVID19. Now that we have reached more than 50% of the population vaccinated with the 2<sup>nd</sup> dose:
    - When Local Councils are ready and able to amend the Local Isolation laws the reduction of the duration of Mandatory Self-Isolation following out-of-region travel from 14 days to:
      - 10 Days for people who are not fully vaccinated
      - 7 Days for people who are fully vaccinated
    - \*The difference between vaccinated and non-vaccinated will be temporary. Provisions will be made to still allow Cree Patients to split their isolation periods between inside and outside the community.
  - The assessment of areas of risk can be adapted taking into consideration the vaccination rate of that region, the compliance with restrictions in that region and the ability to confine cases quickly.
- As vaccination rates improve and as we develop greater capacities in testing for example, further consideration will be given to further reducing Isolation Periods and other COVID-19 restrictions.

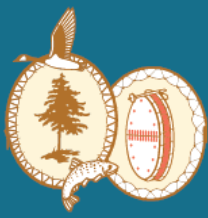


# CREE NATION COVID-19 Bulletin

May 4<sup>th</sup>, 2021

## Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to May 3<sup>rd</sup>, 2021

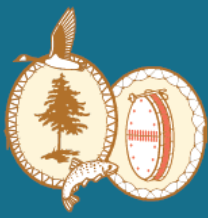




### Travelling

Based on the new criteria for assessing the risk of a region, considering that Abitibi has a good vaccination rate and the local population and authorities have been vigilant in containing and preventing COVID-19 cases, Region 8 – Abitibi is not considered an Area of Risk as of May 4<sup>th</sup>, 2021 and travellers arriving from this region as of May 4<sup>th</sup>, 2021 will not be required to isolate.

Areas of Risk – Travel not advised, and travellers <b>WILL BE</b> subject to local <b>Mandatory Isolation Laws</b>	Areas of Reduced Risk - Travellers will <b>NOT</b> be subject to local <b>Mandatory Isolation Laws</b>	Special Note
Anywhere outside Quebec		<b><u>Ontario is restricting entry into the province to travel for essential purposes only.</u></b>
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 9 – North Shore</li> <li>○ Region 11 – Gaspé and Magdalen Islands</li> <li>○ Region 12 – Chaudière-Appalaches</li> <li>○ Region 13 – Laval</li> </ul>	Within Quebec: <ul style="list-style-type: none"> <li>○ <b>Region 8 - Abitibi</b></li> <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>• The Curfew for Region 10 is lifted.</li> <li>• Indoor or outdoor gatherings are limited to members of two designated households (Households are not inter-changeable)</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>



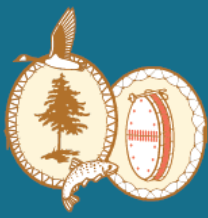
# CREE NATION COVID-19 Bulletin

May 4<sup>th</sup>, 2021

Cree School Board  
Commission scolaire crie

<ul style="list-style-type: none"> <li>○ Region 14 – Lanaudière</li> <li>○ Region 15 – Laurentians</li> <li>Region 16 – Montérégie</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>• <b><u>Curfew 9:30pm or 8pm</u></b> to 5am</li> <li>• Bars and Restaurants are closed</li> <li>• Prohibition on all gatherings</li> </ul> <p><b><u>Although Quebec is not restricting traffic heading South, there are restrictions on those traveling North from Southern Quebec. Travel from South to North is restricted to people traveling home and for essential purposes.</u></b></p>
	<p>Inter Community Travel: Essential Inter Community Travel or travel for visiting family.</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>

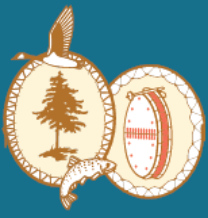
**CAUTION: Every community has their own procedure for applying for entry into the community** and travellers are always advised to call ahead and verify the entry procedure or travel restrictions that may exist at their point of destination or regions that they are transitioning to as conditions can change quickly.



# CREE NATION COVID-19 Bulletin

May 4<sup>th</sup>, 2021

Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 4	Local restrictions and procedures for entry must be respected: 819-855-2878 ext.459, 328, or 307 and <a href="mailto:epc@chisasibi.ca">epc@chisasibi.ca</a>
Eastmain	Phase 4	Local restrictions and procedures for entry must be respected: 819-527-9910 and <a href="mailto:igilpin@eastmain.ca">igilpin@eastmain.ca</a>
Mistissini	Phase 4	Local restrictions and procedures for entry must be respected: 418-770-9115 and <a href="mailto:jasonshecapiro@mistissini.ca">jasonshecapiro@mistissini.ca</a>
Nemaska	Phase 4	Local restrictions and procedures for entry must be respected: 819-527-7445 and <a href="mailto:directornps@nemaska.ca">directornps@nemaska.ca</a>
Oujé-Bougoumou	Phase 4	Local restrictions and procedures for entry must be respected: 418-770-7581 and <a href="mailto:hsharl@ouje.ca">hsharl@ouje.ca</a>
Waskaganish	Phase 4	Local restrictions and procedures for entry must be respected: 819-860-8260 and <a href="mailto:Reuben.blackned@waskaganish.ca">Reuben.blackned@waskaganish.ca</a>
Waswanipi	Phase 4	Local restrictions and procedures for entry must be respected: 819-527-9757 and <a href="mailto:johnnyawashish@cfnw.ca">johnnyawashish@cfnw.ca</a>
Wemindji	Phase 4	Local restrictions and procedures for entry must be respected: 819-978-7724 and <a href="mailto:publicsafety@wemindji.ca">publicsafety@wemindji.ca</a>
Whapmagoostui	Phase 4	Local restrictions and procedures for entry must be respected: <a href="mailto:publicsafety@whapmagoostuifn.ca">publicsafety@whapmagoostuifn.ca</a>



## Eeyou Istchee Deconfinement Plan

### PHASE 4

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

### PHASE 3

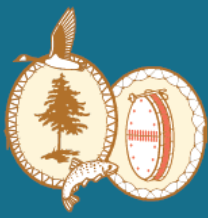
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

### 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.



### Vaccination Program in Eeyou Istchee

The Cree Nation has achieved 86% of the 1<sup>st</sup> dose of those eligible to be vaccinated. The 2<sup>nd</sup> dose has been administered to 60% of the eligible population. 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 May 3<sup>rd</sup>, 2021

Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,960	531	2,208	469	494	1,273	1,042	1,020	692	10,689
Second dose	2,163	376	1,386	342	299	792	691	882	525	7,456
Total	5,123	907	3,594	811	793	2,065	1,733	1,902	1,217	18,145

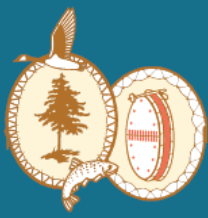
### Vaccination Outside Region 18

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 from other regions in Québec, please email the Cree Health Board for registering an appointment:

[18TCR.ReentryVaccine@ssss.gouv.qc.ca](mailto:18TCR.ReentryVaccine@ssss.gouv.qc.ca)





## 2nd Dose Outside Region 18

For those needing a second dose and are out of Region 18 - Eeyou Istchee for a long period: The target established by the MSSS of 112 days between 2 doses is coming soon for people vaccinated on our territory in January.

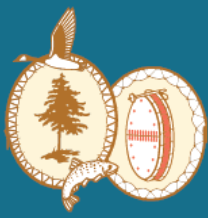
**If you received your first dose of the Moderna vaccine in Eeyou Istchee in the past months and are unable to come back on the territory within that 112 days interval, please follow these steps to obtain an appointment in your region.**

1. Have on hand your RAMQ and the date you received your first dose.
2. Call Services Quebec at 1-877-644-4545. (Do NOT go on Clic-Santé to book an appointment, the vaccination center will refuse to vaccinate you as it is reserved for first dose appointments).
3. Choose the following options once you have dialed-in:

\* - COVID-19 information  
↓  
2 - Modify or cancel a vaccination appointment ↓  
2 - Appointment for a 2nd dose  
↓  
Follow the choices for your region of residence

4. You will be connected to the 2nd Dose Vaccination Call Center. They will offer you an appointment in a vaccination center close to your home about 112 days after your 1st dose.

*\* Note that most of the appointment centers will not know if the site will get Moderna or Pfizer vaccines. In this situation, it is recommended not to delay vaccination and receive the vaccine that is available at the site.*



## 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>

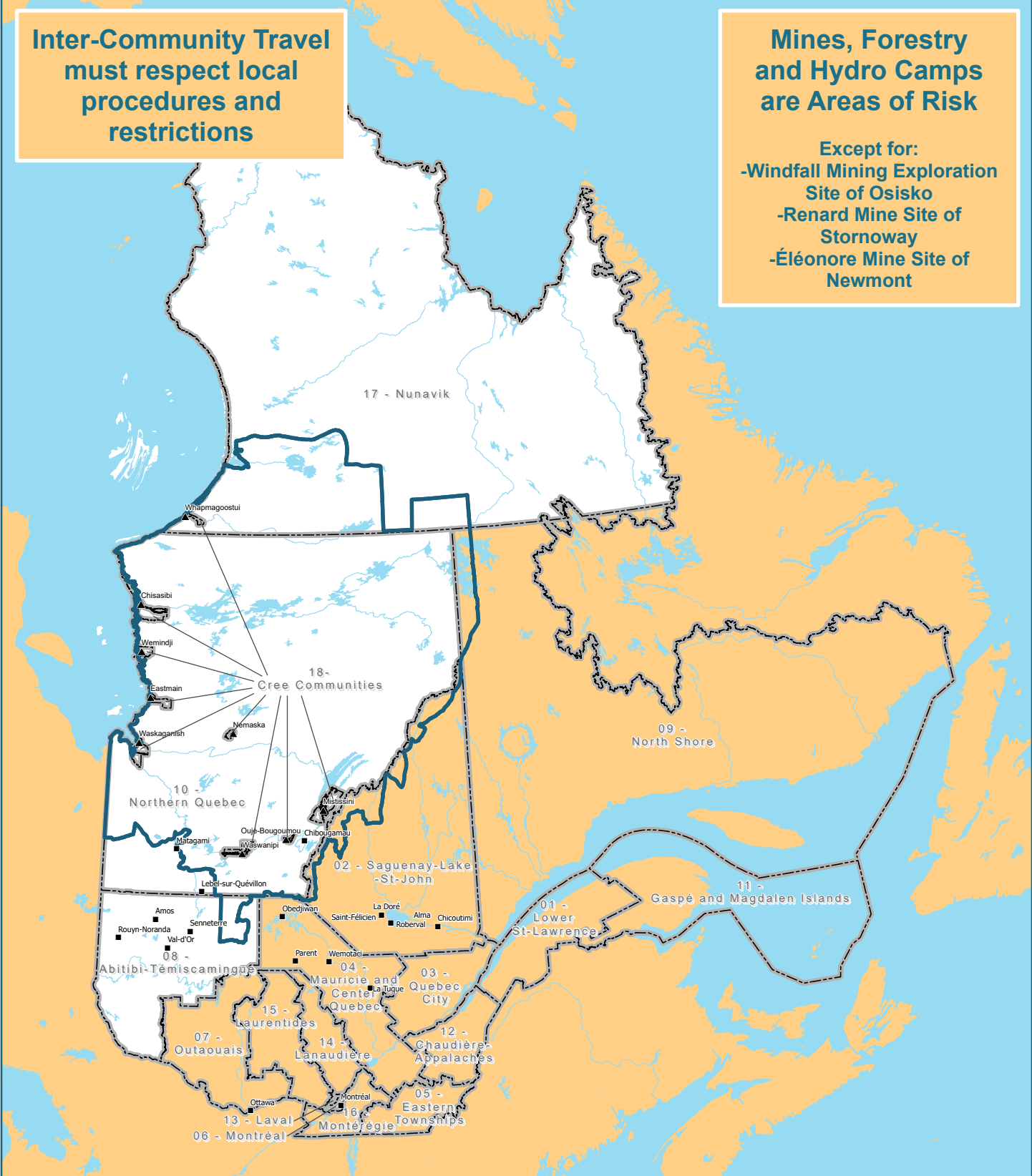
# COVID-19 Areas of Risk

Effective as of May 4, 2021

Inter-Community Travel must respect local procedures and restrictions

Mines, Forestry and Hydro Camps are Areas of Risk

Except for:  
 -Windfall Mining Exploration Site of Osisko  
 -Renard Mine Site of Stornoway  
 -Éléonore Mine Site of Newmont



- ▲ Cree Community
- Town
-  Eeyou Istchee
-  Socio-Health Regions
-  Areas of Risk

Projection: UTM Zone 18 NAD 83  
 Sources: CNG, Eeyou Istchee (2015),  
 MERN BGDA 5M (2017)

Document Name: EI\_Covid19  
 Date: 2021-05-04

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 Cree Nation Government  
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