



MESSAGE FROM LEADERSHIP

As we begin to collectively transition from an *isolation* protocol to a *testing* and reduced activity protocol that will greatly relieve pressure for everyone in Eeyou Istchee through the **Law Respecting Measures to Manage the Spread of COVID-19 through Mandatory Testing**, it will be important to continue using caution and being vigilant.

To avoid any potential outbreaks that would create a need to temporarily return to previous measures, the habits of washing your hands frequently, keeping surfaces clean, and wearing a mask when distancing is not possible continue to be good measures to keep the spread of COVID-19 at a minimum.

Please consult your local bulletins regularly for important updates specific to your community as we begin **Step 1 of the Deconfinement Management Plan**. Your community may have adopted different measures that will be important for you to respect.

Vaccinations, either the first, second, or third dose, continue to be available at your local CMC by scheduling an appointment.

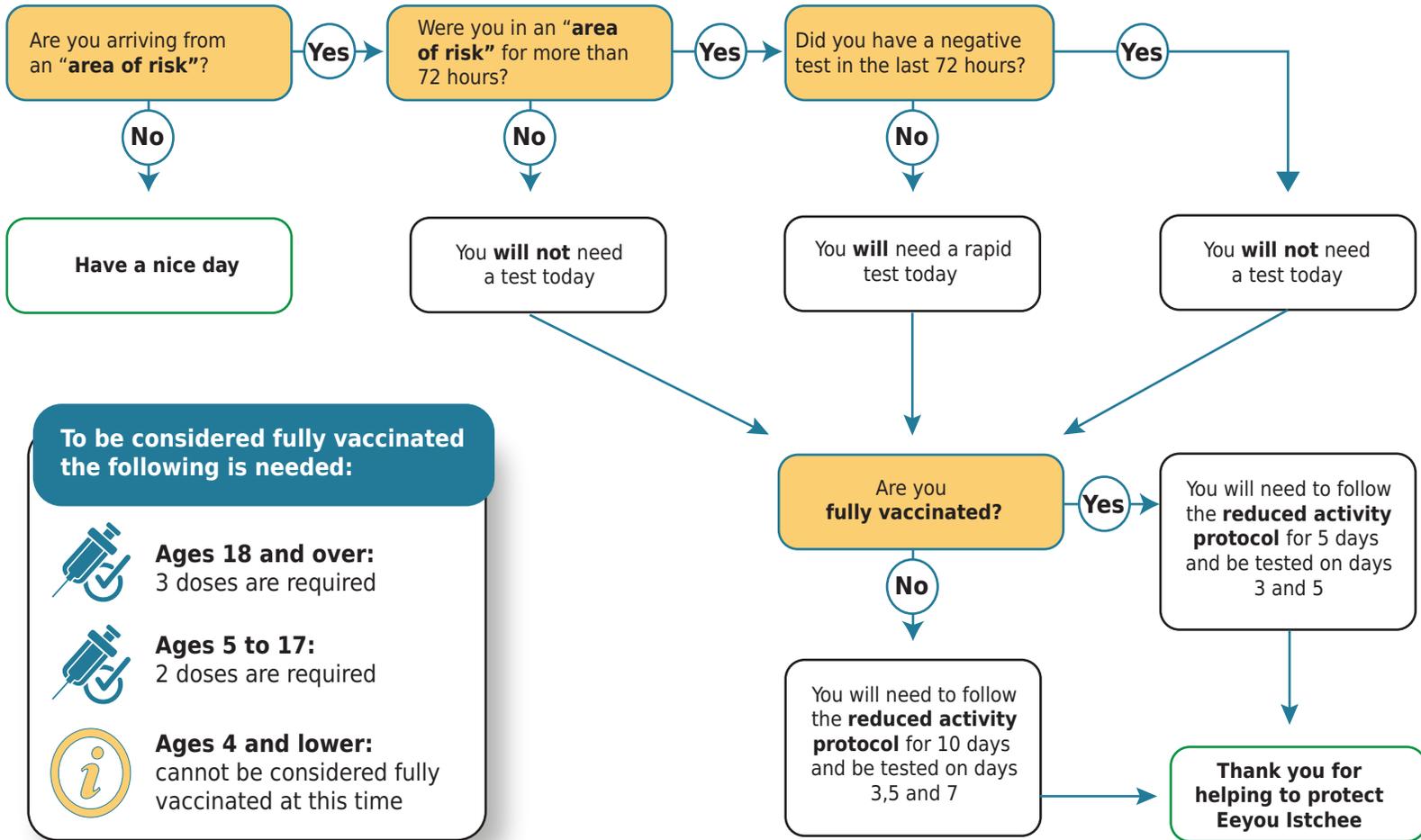
If you experience symptoms associated with COVID-19, please think of your fellow community members and refrain from going into public places, keep your distance from others and **contact your local testing facilities**.

STATUS OF CASES IN EYYOU ISTCHEE – as of February 28, 2022 3:00PM PCR Test Results and Local Rapid Tests as confirmed by Public Health

Community	Total Cases	Active	Recovered	Community	Total Cases	Active	Recovered
Chisasibi	364	37	327	Waskaganish	342	54	288
Eastmain	83	0	82	Waswanipi	287	26	260
Mistissini	756	9	746	Wemindji	83	0	83
Nemaska	70	1	69	Whapmagoostui	18	1	17
Ouje-Bougoumou	197	1	195	TOTAL (in territory)	2200	129	2067

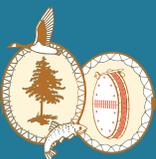
Deconfinement Management Plan For Eeyou Istchee

DECONFINEMENT STEP 1
February 25 to March 10, 2022



STEP 1

Reduced Activity Protocol



Individual may go outdoors but **not to enter indoor public places;**

Individuals **with the authorization of the employer may go to work** with mask and protective gear according to working conditions at all times when around others (i.e. clinic, construction site, office, etc.);

Going to school will be subject to the applicable Cree School Board protocols

Refrain from visiting in the homes of others

Do not attend indoor public or private gatherings



DECONFINEMENT IN EEYOU ISTCHEE

Phases of the Pandemic:

- <https://www.creehealth.org/news/four-phases-pandemic-plan-explained>

Information on Reduced Activity Protocol:

- <https://creehealth.org/covid/reduced-activity-protocol>

Phase 4
Indoor: No restrictions on number of households
Outdoor: No restrictions on number of households
Gatherings : Maximum 50 people indoor; Maximum 150 people outdoor
Education: Adapted protocols (mix of online and in person)
Travel: <ul style="list-style-type: none"> • No restrictions on travel except to areas of risk as per protocols
Work: <ul style="list-style-type: none"> • Childcare services to be provided for all workers requiring service

- Eastmain
- Nemaska
- Wemindji
- Whapmagoostui

Phase 3
Indoor: Maximum 3 households
Outdoor: Maximum 3 households
Gatherings: Maximum 25 people indoor; Maximum 75 people outdoor
Education: Adapted protocols (mix of online and in person)
Travel: <ul style="list-style-type: none"> • No restrictions on travel except to areas of risk as per protocols
Work: <ul style="list-style-type: none"> • Childcare services to be provided for all workers requiring service

- Chisasibi
- Mistissini
- Ouje-Bougoumou
- Waskaganish
- Waswanipi