The Cree Nation of Chisasibi, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

- Remaining six (6) feet from individuals
- Washing hands before and after touching individuals
- Coughing or sneezing into a tissue, or sleeve

These measures should not be taken lightly and are critical to the health of our community and especially our elders who occupy places of great esteem in our society and culture.

THE BEST WAY TO AVOID CONTAMINATING YOURSELF AND OTHERS IS TO

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For more information in English and Cree on the COVID-19 (Coronavirus) visit our website :



The Cree Nation of Eastmain, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

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The Cree Nation of Mistissini, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

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The Cree Nation of Nemaska, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

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The Oujé-Bougoumou Cree Nation, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

- Remaining six (6) feet from individuals
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The Cree Nation of Waskaganish, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

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The Cree First Nation of Waswanipi, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

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The Cree Nation of Wemindji, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

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The Whapmagoostui First Nation, the Cree Nation Government and the Public Health Department of the Cree Board of Health and Social Services of James Bay is requiring all visitors and returning community members to respect the following protocols:

A. Question: Do you have symptoms of a fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others and monitor that your condition doesn't deteriorate.

B. Question: Have you travelled outside Canada within the last 14 days but have no symptoms?

If yes, you are required to remain in the home or the room in which you are staying and limit contact with others for 14 days.

C. Question: Have you travelled <u>outside</u> Canada within the last 14 days and are now feeling symptoms of fever, coughing, sneezing, or difficulty breathing?

If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX. A health professional will provide you with the proper instructions.

D. Question: Have you been in contact with someone confirmed by a health professional of having COVID-19?
If yes, you are required to self-isolate and contact the local clinic immediately at: XXX-XXX-XXXX.
A health professional will provide you with the proper instructions.

If you have answered no to these questions, have no symptoms of any kind and you have <u>not left the country</u> in the last fourteen (14) days, you are asked to practice social distancing:

- Remaining six (6) feet from individuals
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