Spring Goose Hunting outside Eeyou Istchee

March 20, 2020

Our annual spring goose-hunting season is fast approaching and many amongst ourselves have that excitement already within us as we prepare for this hunting Eeyou tradition. Over the past years, we have witnessed the increase in numbers of Eeyou hunters going hunting in other regions outside of Eeyou Istchee.

In light of the Coronavirus (COVID-19) outbreak globally, every individual is urged to take part in reducing the risk of spreading the virus in our communities. Although, the spread of COVID-19 remains under control in Quebec, and no confirmed cases in Eeyou Istchee, the top priority of the Cree Board of Health and Social Services of James Bay (CBHSSJB) is to prevent the spread of COVID-19 to the population of Eeyou Istchee.

Together, the Cree Trappers Association and the CBHSSJB are asking Cree hunters who were planning to hunt outside of Eeyou Istchee territory to reconsider their plans and remain within the Eeyou Istchee during this coming spring Goose Break 2020. We strongly encourage everyone to take part and comply with this prevention measure for the safety of our wellbeing of our people and more importantly our elders.

While the risk of contracting COVID-19 remains low in Eeyou Istchee, the Public Health Department is urging the population to **avoid unnecessary travel to areas where the risk is higher**, this includes going down South.

We are also recommending that all healthy individuals **practice social distancing** to prevent the spread of the virus. This means avoiding direct contact with anyone other than close family members. However, we also know that fresh air and spending time with loved ones is good for our wellbeing.

Follow these simple steps to stay healthy whether you are at home or on the land:
Wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food. Change the water every time your wash your hands. Use alcohol-based hand sanitizer if soap and water are not available.

When coughing or sneezing, cough or sneeze into a tissue or the bend of your arm, not your hand; dispose of your tissue as soon as possible and wash your hands afterwards; avoid touching your eyes, nose, or mouth with unwashed hands.

For more information and to stay well informed of the COVID-19, please visit https://www.creehealth.org/coronavirus

THE **BEST WAY TO AVOID CONTAMINATING** YOURSELF AND OTHERS IS TO

ᒐ ᒋᔅᑖᐸᐅᑎᑦᒐᓯᓐ **WASH** YOUR HANDS