LAW RESPECTING MEASURES TO CONTAIN THE SPREAD OF COVID-19 through mandatory self-isolation

May 25th, 2020
Current Situation

The Population of Eeyou Istchee is particularly vulnerable to COVID-19 for the following reasons:

- High prevalence of underlying health issues: diabetes, cardiovascular disease, asthma and other pulmonary issues;
- The Cree Health Board has a mandate covering a large geographic area with limited resources during a time when it is especially difficult to recruit new or additional human resources;
- Eeyou Istchee remains COVID-19 free with sporadic cases being identified while southern Quebec represents the epicentre for the COVID-19 pandemic in Canada.
  - All Cree cases of COVID-19 have been traced to Montreal or international travel.
- Despite the maintenance of consistently high numbers of COVID-19 cases in Southern Quebec the Government is moving forward with the deconfinement of regions and the re-starting of industries.
COVID-19 Threat to Eeyou Istchee

- Quebec had imposed regional travel restrictions that have assisted greatly in reducing the risk of COVID-19 entering Eeyou Istchee, the regional travel restrictions will be lifted in the coming weeks, despite any differences that may exist in infection rates within the different regions;

- The two single largest threats to the capacity of healthcare in communities in regard to COVID-19 remain:
  - Community members traveling south and then returning to a Cree community;
  - Guests from outside the region coming into a Cree community;

- Beyond the physical distancing and other preventative measures, the Cree Nation must maintain control and monitor closely those that come into Eeyou Istchee from Southern regions.
LAW RESPECTING MEASURES TO CONTAIN THE SPREAD OF COVID-19 through mandatory self-isolation

- Any person entering the Category IA lands of **Mistissini** from areas designated as areas of potential risk for COVID-19 by the Cree Leadership of Eeyou Istchee or by the Council of the **Cree Nation of Mistissini** through Public Notice shall undertake and complete a mandatory self-isolation of fourteen (14) days from the date of entry (**Mandatory Self-Isolation**), as provided for herein.
Areas of Risk: Example as of May 19th, 2020
Mandatory Self-Isolation - Definition

- **Self-Isolate**
  - Remain 2 meters from others at all times
  - Do not go to schools, stores, or other public places
  - Do not invite guests into the home

- **Caring for Others**
  - When outside or when in a room with another person wear a mask, non-surgical mask or scarf

- **Wash Hands Often**

- **Cough and Sneeze Into Your Sleeve or Into a Paper Tissue**

- **Do Not Share Personal Items, Disinfect Surfaces and Items Frequently**

- Check your temperature daily and watch for symptoms, immediately call the local hospital or clinic if you show any symptoms.
Exemptions?

1. Release by a physician of the Cree Board of Health;

2. You have a letter authorizing you to be exempt from the 14-day isolation under specific conditions which is granted by:
   - Local Government
   - Cree Nation Government
   - Cree Board of Health
Public Registry

- The community will have the ability to publish the list with the name of the people who are subject to the Mandatory Self-Isolation and the date on which their self-isolation expires.
This law has no effect on:

- The continued need to respect physical distancing and other precautionary measures.
- The ability of a community to set its own “ stricter” standards.

This law supersedes laws of the provincial or federal government.
Communities that have adopted the law

<table>
<thead>
<tr>
<th>Community</th>
<th>Date Adopted</th>
<th>Expiration Date</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eastmain</td>
<td>2020-05-18</td>
<td>2020-07-02 Thursday</td>
<td>Restricting non-community members from entering, exception for essential services. This restriction will expire on May 29th, 2020.</td>
</tr>
<tr>
<td>Oujé-Bougoumou</td>
<td>2020-05-19</td>
<td>2020-07-03 Friday</td>
<td>Restricting non-community members from entering, exception for essential services. No date has been set for lifting this restriction.</td>
</tr>
<tr>
<td>Chisasibi</td>
<td>2020-05-19</td>
<td>2020-07-03 Friday</td>
<td>Restricting non-community members from entering, exception for essential services. No date has been set for lifting this restriction.</td>
</tr>
<tr>
<td>Nemaska</td>
<td>2020-05-20</td>
<td>2020-07-04 Saturday</td>
<td>Restricting non-community members from accessing the community, except with escort to gas station and for essential services. No date has been set for lifting this restriction.</td>
</tr>
<tr>
<td>Mistissini</td>
<td>2020-05-20</td>
<td>2020-07-04 Saturday</td>
<td>Restricting non-community members from entering, exception for essential services. No date has been set for lifting this restriction.</td>
</tr>
<tr>
<td>Waskaganish</td>
<td>2020-05-20</td>
<td>2020-07-04 Saturday</td>
<td>Restricting non-community members from entering, exception for essential services. No date has been set for lifting this restriction.</td>
</tr>
<tr>
<td>Wemindji</td>
<td>2020-05-25</td>
<td>2020-07-09 Thursday</td>
<td>Restricting non-community members from entering, exception for essential services. No date has been set for lifting this restriction.</td>
</tr>
</tbody>
</table>

Note:
- Waswanipi has scheduled a meeting on May 28th, 2020 to review the proposed law
- Coordination is required for Whapmagoostui considering the proximity of Kuujjuarapik
Questions