

CREE NATION COVID-19 Bulletin December 16, 2020

Message from Leadership

- In response to daily record-breaking numbers of cases for COVID-19 the Government of Quebec has called for a "Holiday Pause" for the purpose of bringing down COVID-19 case numbers. Since the Cree Nation has developed and implemented a Local Mandatory Self-Isolation Law with the cooperation of the Cree people the "Holiday Pause" will have little to no impact on life inside Eeyou Istchee.
- The principal components of the Government of Quebec "Holiday Pause" are:
 - Quebec: All yellow zones become orange zones, all orange zones become red zones resulting in strict prohibitions on indoor and outdoor gatherings. The Government does not recommend traveling between zones. Chibougamau and Chapais are scheduled to be designated orange zones on December 17th, 2020.
 - **Eeyou Istchee:** The Cree Nation has two categories of areas, areas of risk and areas of reduced risk. There are no prohibitions in Quebec or Ontario on travel however arriving from an area of risk will require a 14 day isolation upon returning to the community. December 17th will allow the reclassification of Chibougamau and Chapais. The communities of Mistissini, Ouje-Bougoumou and Waswanipi will be able to move to Phase 4 of deconfinement and other communities will no longer require self-isolation when returning from Chibougamau and Chapais.
 - Quebec: Prohibition on all gatherings, outdoor mobile activity can have 8 participants.
 - **Eeyou Istchee:** Phase four deconfinement Outdoor gathering 150, Indoor gathering 50 with the appropriate precautions.
 - Quebec: Keeping primary schools closed over Christmas break until January 11th.
 - **Eeyou Istchee:** The Cree School Board had decided in October that all classes would not begin until January 11th to accommodate local self-isolation requirements.
 - Quebec: December 25th to January 11th only essential business will remain open to the public: Grocery stores, Banks, pharmacies, pet shops, hardware, SAQ, SQDC, etc.
 - **Eeyou Istchee:** In Eeyou Istchee communities will be able to remain in Phase 4 of the Cree Nation Deconfinement Plan with all business remaining open with the required adaptations due to the protection offered by the local mandatory self-isolation laws.



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- Quebec: Daycares will remain open.
- **Eeyou Istchee:** Phase four deconfinement daycares remain open with special adaptations
- Quebec: Workers can only work through tele-working.
- **Eeyou Istchee:** Phase four deconfinement offices can remain open with the appropriate adaptations.
- As stated above the dedication and compliance of the Cree people to the local mandatory self-isolation laws allows the Cree Nation to refrain from imposing such strict restrictions in Eeyou Istchee. Community members are advised to be very cautious when planning travel outside Eeyou Istchee. The Government of Quebec is imposing strict restrictions because there is a real risk of COVID-19 throughout the province. Finally, from December 25th to January 11th, 2021 it is only essential businesses that will be open in the rest of Quebec so there should be a natural reduction in traffic from the Cree communities to the rest of Quebec.

Reliable Sources

People are advised to continue exercising caution on where they get their information in relation to COVID-19 and to keep in mind that the reliable sources of information remain:

- eeyouistcheecovid19.org/
- cngov.ca/covid-19/
- creehealth.org

- eeyoueducation.ca
- quebec.ca/coronavirus
- canada.ca/coronavirus

Psychosocial Health

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.