

## Message from the Leadership

- Unfortunately, all the holiday movement and continued private gatherings are behind an alarming increase in cases in Quebec. All neighboring regions of Eeyou Istchee are seeing an increase in cases requiring very close monitoring with the contact tracing capacity of all regions being stretched to dangerous limits.
- The safest place in Quebec remains in the Cree communities of Eeyou Istchee and residents are recommended to restrict movements and gatherings to be extra cautious during these very difficult times.

## Travelling

[**NOTICE:** Any changes in the status of a region from a previous announcement will be in **red font** for emphasis.]

Travellers are to:

- Limit their travel to what is necessary, limit number of travellers when possible;
- Verify the rules and restrictions applicable at their destination;
- Travellers are advised to be extra careful;
- Be honest. Do not mislead personnel that manage local check points, you are taking risks with the vulnerable people of your community.

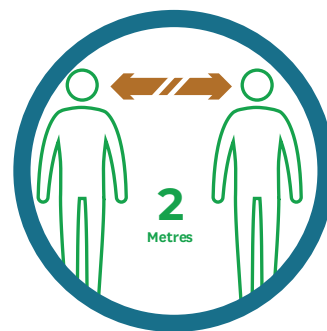
## Healthy Preventive Measures against COVID-19



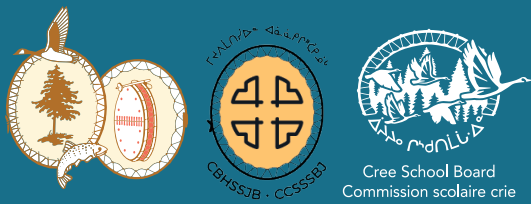
**Wash  
your hands**



**Wear  
a Mask**  
1



**Physical  
Distancing**



## Travelling

### Areas of Risk – Travel not advised, and travellers WILL BE subject to local Mandatory 14 Day Isolation Laws

Anywhere outside Quebec

within Quebec:

- Region 1 – Lower St-Lawrence
- Region 2 – Saguenay-Lac-St-Jean
- Region 3 – Quebec Capital
- Region 4 – Mauricie and Centre du Québec
- Region 5 – Estrie
- Region 6 – Montreal
- Region 7 – Outaouais (Gatineau)
- Region 9 – North Shore
- Region 11 – Gaspé and Magdalen Islands
- Region 12 – Chaudière-Appalaches
- Region 13 – Laval
- Region 14 – Lanaudière
- Region 15 – Laurentians
- Region 16 – Montérégie

**Chibougamau is an AREA of RISK as of 11:59 PM December 22nd, 2020 for: Whapmagoostui, Chisasibi, Wemindji, Eastmain and Waskaganish**

Within Eeyou Istchee:

- any Hydro-Quebec site;
- any mine site
- any forestry camp

### Areas of Reduced Risk -Travellers will NOT be subject to local Mandatory 14 Day Isolation Laws

Ontario regions of Sudbury, Porcupine and Timiskaming, which includes the municipalities of Sudbury, Timmins, Moosonee and North Bay

- Region 8 – Abitibi-Témiscamingue
- Region 10 – Nord du Quebec
- Region 17 – Nunavik
- Region 18 – Cree Communities of Eeyou Istchee

Chibougamau is NOT an AREA of Risk for communities of Mistissini Oujé-Bougoumou, Nemaska and Waswanipi only: Only travel for Essential Purposes is allowed (Groceries, Banking, Garage, Pharmacy, Medical)

- Windfall Mining Exploration Site of Osisko Mining Inc;
- Renard Mine Site of Stornoway;
- Éléonore Mine Site of Newmont

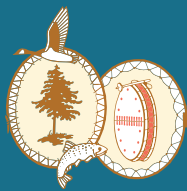
### Special Note

Cases continue to rise in Northern Ontario requiring travellers to exercise extreme caution. when travelling in these areas. Travellers are advised to watch Government of Ontario announcements in the event travel restrictions are announced.

Region 2 – Saguenay-Lac-St-Jean continues to be an area representing an area of great risk in Quebec requiring self-isolation if visiting there.

Region 8 – Abitibi-Témiscamingue cases continue to grow pushing contact tracing capacity to its limit. The Region requires very close monitoring. Should the situation worsen a choice will have to be made between maintaining access to the Region or moving to greater confinement in the communities.

Chibougamau has had cases with unidentified sources. Contact tracing continues to search for the source and eliminate links to Cree communities. There is no confirmed link to Cree communities at this time in the ongoing investigation.



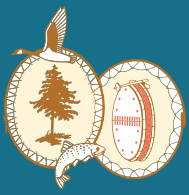
## Eeyou Istchee Deconfinement Plan

Currently communities are in Phase 3 our deconfinement plan:

### PHASE 3

- Outdoor gathering 75 or 10 households
- Indoor gathering 25 or 3 households

Community	Deconfinement Phase	Special Advisories
CHISASIBI	Phase 3	
EASTMAIN	Phase 3	
MISTISSINI	Phase 3	Advising community members to avoid travel to Chibougamau. Travel to Chibougamau is for emergency services, essential services and education purposes only.
NEMASKA	Phase 3	Advising community members to avoid travel to Chibougamau. Travel to Chibougamau is for emergency services, essential services and education purposes only.
OUJE-BOUGOUMOU	Phase 3	Advising community members to avoid travel to Chibougamau. Travel to Chibougamau is for emergency services, essential services and education purposes only.
WASKAGANISH	Phase 3	
WASWANIPi	Phase 3	Advising community members to avoid travel to Chibougamau. Travel to Chibougamau is for emergency services, essential services and education purposes only.
WEMINDJI	Phase 3	
WHAPMAGOOSTUI	Phase 3	



## 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/](https://eeyouistcheecovid19.org/)
- [cngov.ca/covid-19/](https://cngov.ca/covid-19/)
- [creehealth.org](https://creehealth.org)
- [eeyoueducation.ca](https://eeyoueducation.ca)
- [quebec.ca/coronavirus](https://quebec.ca/coronavirus)
- [canada.ca/coronavirus](https://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.

## COVID-19 VACCINE INFO LINE

Questions about the vaccine? The Cree Health Board has an info line with professionals to answer your questions or concerns about vaccination: 1-866-855-2811.