

Special Travel Bulletin

On this National Day of Remembrance for Victims of COVID-19 we would like to take a moment to acknowledge and honor those we have lost in the past year as well as their families and loved ones. Our thoughts and sympathies are with you during this difficult moment.

- Following the information that a Wiichihitwin staff member in Val d'Or had tested positive to COVID-19, **measures were quickly undertaken by Public Health to immediately contain the situation as 62 clients had been identified as contacts.** The staff member's positive case is a presumptive variant but remains to be identified as to which strain it is.
- Among the 62 contacts, **27 had already returned home to Chisasibi, Nemaska, Waskaganish, Eastmain, Wemindji, and Whapmagoostui** following their appointments in Val d'Or. **All are in preventive isolation** to ensure no further spread of the virus and its variant and are assisted and monitored closely by Public Health in collaboration with local Public Safety Officers.
- **Medical appointments for clients in Areas of Risk are being limited to only emergency and semi-emergency cases.** Regular follow-up medical appointments will be carried out locally as much as possible.
- Given the situation that is being closely monitored in the **coastal communities and Nemaska, inter-community travel for the coast will be reassessed on Tuesday, March 16** as this is when the testing results of the 27 clients who were in contact with the known positive case will begin to be known. Ensuring the safety of these communities during this time is critical to avoid the risk of spreading the virus in Eeyou Istchee.
- **Inter-community travel may resume for Waswanipi, Ouje-Bougoumou, and Mistissini but will require extreme caution.** Visits should be kept at a minimum with limited contacts with all precautionary measures to be rigorously adhered to; **frequent hand washing, wearing a mask, keeping a 2-meter distance, and getting a vaccine are all necessary in protecting ourselves and our loved ones.** Protecting our communities must remain a priority for all. Situations can quickly change, and we must be prepared to respond accordingly. Be safe and mindful of our communities' resources who have been at the forefront of the pandemic working hard to keep us safe. **Please be patient when exiting and entering communities as the local Gate workers will be extra diligent in registering travelers.**
- Vaccination in Eeyou Istchee continues to be available for individuals who have yet to receive their first dose of the vaccine. **People are encouraged to contact their local CMC for an appointment to get their vaccine.**

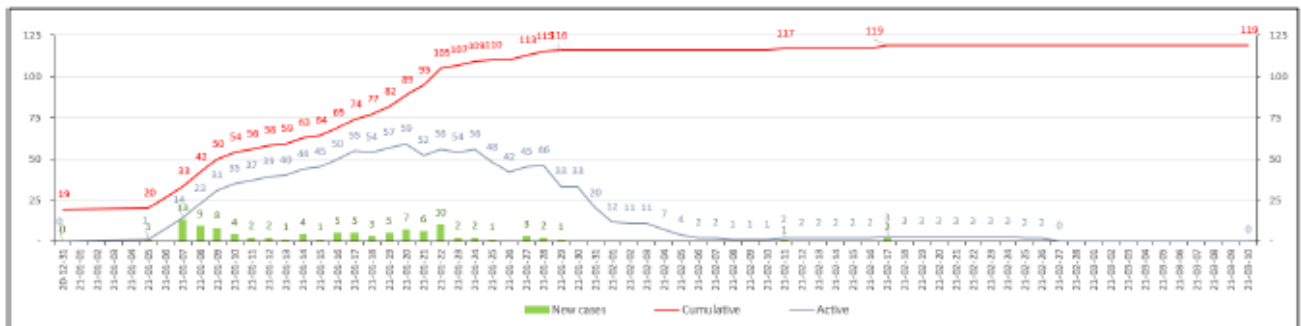


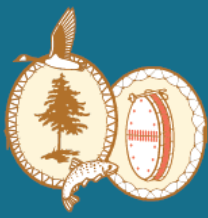
CREE NATION COVID-19 Bulletin

March 11th, 2021

Cree School Board
Commission scolaire crie

Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to March 10th, 2021

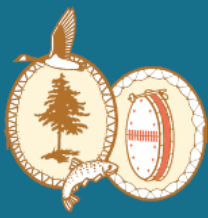




Travelling

We require 14 days without community transmission before we consider changing the status of a region. Although, neighboring regions are improving more time is required for things to become stable: **ALL NON-ESSENTIAL TRAVEL BETWEEN COMMUNITIES IS RESTRICTED AND SUBJECT TO THE 14 DAY MANDATORY SELF-ISOLATION EXCEPT FOR WASWANAPI, OUJE-BOUGOUMOU, MISTISSINI WITH EXTREME CAUTION.** (An exception is made for Residents of a community returning home or the transportation of children (under 18) to their parent, who should not be subject to the 14-day mandatory self-isolation).

Areas of Risk – Travel not advised, and travellers WILL BE subject to local Mandatory 14-Day Isolation Laws	Areas of Reduced Risk - Travellers will NOT be subject to local Mandatory 14-Day Isolation Laws	Special Note
Anywhere outside Quebec, including Northern Ontario as of January 12th, 2021		Cases are coming down, but still too high to consider changing status for travel purposes.
within Quebec: <ul style="list-style-type: none"> ○ 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 8 – Abitibi ○ Region 9 – North Shore 	Within Quebec: <ul style="list-style-type: none"> ○ Region 10 – Nord du Quebec ○ Region 17 - Nunavik ○ Region 18 – Cree Communities of Eeyou Istchee 	<i>These measures DO NOT apply inside our communities on Category I lands:</i> Quebec has introduced new measures for Northern Quebec (orange) which apply as far South as Abitibi or Saguenay-Lac-St-Jean: <ul style="list-style-type: none"> • Curfew from 9:30pm to 5 a.m. • Indoor or outdoor gatherings are prohibited • Business can open with restrictions on the number of people (1 person per household) • Restaurants are open for dining for a maximum of 2 adults per group and a registry of clients must be maintained (only residents of the region are



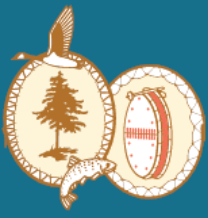
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<ul style="list-style-type: none"> ○ Region 11 – Gaspé and Magdalen Islands ○ Region 12 – Chaudière-Appalaches ○ Region 13 – Laval ○ Region 14 – Lanaudière ○ Region 15 – Laurentians ○ Region 16 – Montérégie 		<p>allowed to enter a restaurant of that region)</p> <ul style="list-style-type: none"> • Bars closed <p>Southern areas of Quebec (Red) such as Gatineau, Laurentians, Montreal or the Quebec City regions remain with the severe restrictions we saw throughout Quebec in January, for example:</p> <ul style="list-style-type: none"> • Curfew 8pm to 5am • Bars and Restaurants are closed • Prohibition on all gatherings
<p>Non-Essential Inter Community Travel EXCEPT FOR WASWANIPI, OUJE-BOUGOUMOU, MISTISSINI</p>	<p>Essential Inter Community Travel, including <u>Residents</u> returning home or children traveling to a parent</p>	
<p>Within Eeyou Istchee:</p> <ul style="list-style-type: none"> • any Hydro-Quebec site; • any mine site • any forestry camp 	<ul style="list-style-type: none"> • Windfall Mining Exploration Site of Osisko Mining Inc; • Renard Mine Site of Stornoway; • Éléonore Mine Site of Newmont 	<p>These three mining companies have testing protocols that allow workers to be exempt from local Mandatory Self-Isolation Laws.</p>

CAUTION: Travellers are always advised to call ahead and verify the entry restrictions or travel restrictions that may exist at their point of destination or regions that they are transitioning to as conditions can change quickly.



Eeyou Istchee Deconfinement Plan

When it has been 14 days since the last case, a community can consider moving to another phase.

PHASE 4

- Outdoor gatherings 150 maximum
- Indoor gatherings 50 maximum
- Offices and places of business are open with precautionary measures carefully maintained

PHASE 3

- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

PHASE 2

- Outdoor gatherings 2 households maximum.
- Indoor gathering same 2 households at all times.
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

PHASE 1

- Prohibition on visits or gatherings indoor and outdoor. If someone is not a resident of a home, they should not be in that home. "Visits" includes, cook outs, car rides, etc.
- Public buildings are upon appointment only.
- Access to and from the community is restricted to essential services only.

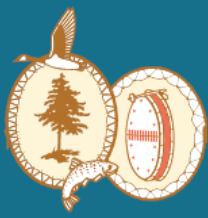


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Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Eastmain	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Mistissini	Phase 3	Travel to and from the community is restricted to Waswanipi, Mistissini, Ouje-Bougoumou residents until further notice.
Nemaska	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Oujé-Bougoumou	Phase 3	Travel to and from the community is restricted to Waswanipi, Mistissini, Ouje-Bougoumou residents until further notice.
Waskaganish	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Waswanipi	Phase 4	Travel to and from the community is restricted to Waswanipi, Mistissini, Ouje-Bougoumou residents until further notice.
Wemindji	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.
Whapmagoostui	Phase 4	Travel to and from the community is heavily restricted. Non-community residents are not permitted to enter.



Vaccination Program

The Cree Nation has achieved **75%** of those eligible to be vaccinated and continued efforts are required to get as many people vaccinated as possible to assist in allowing the Cree Nation to return to a more normal life sooner.

Re-Entry Vaccination Program

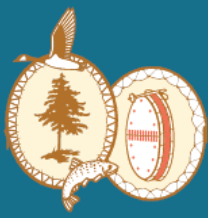
For **beneficiaries outside of Eeyou Istchee** who wish to receive their first dose of the vaccine before returning to their community, you may do so **before March 31** by scheduling an appointment.

Post-secondary students of all regions are also encouraged to take advantage of this Re-Entry Program to receive a vaccine before returning to their home community.

Please email your request here: 18TCR.ReentryVaccine@ssss.gouv.qc.ca

Total results of COVID-19 vaccination as of March 10th, 2021

Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,757	505	2,061	428	438	1,210	931	975	654	9,959



RELIABLE SOURCES

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

- <https://eeyouistcheecovid19.org/>
- www.cngov.ca/covid-19/
- www.creehealth.org/covid
- www.eeyoueducation.ca
- www.quebec.ca/coronavirus
- www.canada.ca/coronavirus

PSYCHOSOCIAL HEALTH LINE

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 AND GENERAL 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.**