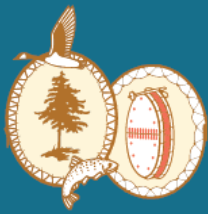


Message from Leadership

- A recent outbreak associated with a mine site had required that workers coming from the site be placed under precautionary self-isolation while they are screened through testing by Public Health. Fortunately, throughout Eeyou Istchee the screening test associated with the event have come back negative allowing local jurisdictions to consider taking a small step to allowing greater inter community travel.
- COVID-19 Variants pose a serious threat and are responsible for the triggering of 3rd waves, so people are asked to be extremely cautious when planning for goose break or as we take the first tentative steps towards having greater inter-community travel. As of March 19th, 2021 communities will continue to allow **essential** inter community travel and now, travel related to **family visits**. One of the cruelest aspects of COVID-19 has been to prevent family members from visiting each other freely. It is our family connections that define the strength of Cree social fabric so this will be a welcomed measure throughout Eeyou Istchee. It is imperative that when considering inter-community travel people:
 - Respect all COVID-19 physical distancing and precautionary measures, meaning keeping a 2 meter distance when around people that you don't usually live with, wearing a mask when inside, frequent hand washing, etc. as outlined in the Cree Board of Health and Social Services Safe Gathering Guideline;
 - Inform themselves and respect all local restrictions at the community of destination, including the unique community-access procedures of each community;
 - Respect all Quebec restrictions such as curfews or prohibitions against entering private homes when travelling between Cree communities;
- Let us all do everything we can so that we begin the Spring hunting season in the strongest position possible.



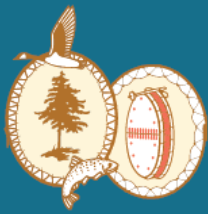
CREE NATION COVID-19 Bulletin

March 19th, 2021

Travelling

Neighbouring regions are seeing a slight increase in recent days of cases and travellers are advised to be extra cautious. Inter-Community travel is permitted for essential purposes and the purposes of visiting family.

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 Region 11 – Gaspé and Magdalen Islands Region 12 – Chaudière-Appalaches Region 13 – Laval Region 14 – Lanaudière 	Within Quebec: <ul style="list-style-type: none"> Region 10 – Nord du Québec 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. <u>Indoor or outdoor gatherings are prohibited (for example, PEOPLE ARE NOT ALLOWED TO VISIT HOMES IN CHIBOUGAMAU, CHAPAIS, LSQ, MATAGAMI, ETC.)</u> Businesses 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 allowed to enter a restaurant of that region) Bars closed

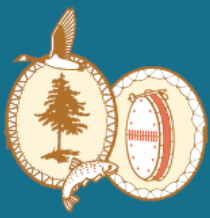


CREE NATION COVID-19 Bulletin

March 19th, 2021

○ Region 15 – Laurentians Region 16 – Montréal		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: <ul style="list-style-type: none">• Curfew 8pm to 5am• Bars and Restaurants are closed• Prohibition on all gatherings
Non-Essential Inter Community Travel	Essential Inter Community and Family Visits, including <u>Residents</u> returning home or children traveling to a parent	
Within Eeyou Istchee: <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	These three mining companies have testing protocols that allow workers to be exempt from local Mandatory Self-Isolation Laws.

CAUTION: Every community has their own procedure for applying for entry into the community and travellers are always advised to call ahead and verify the entry procedure 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

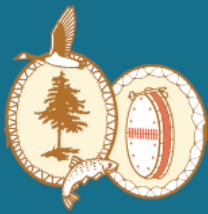
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

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

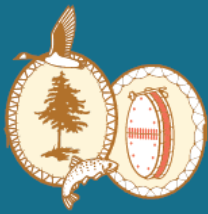
- Prohibition on visits or gatherings indoor and outdoor. If someone is not a resident of a home, they should not be in that home. "Visits" includes, cook outs, car rides, etc.
- Public buildings are upon appointment only.
- Access to and from the community is restricted to essential services only.



CREE NATION COVID-19 Bulletin

March 19th, 2021

Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.
Eastmain	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.
Mistissini	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.
Nemaska	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.
Oujé-Bougoumou	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.
Waskaganish	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.
Waswanipi	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.
Wemindji	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.
Whapmagoostui	Phase 4	Essential or family-related inter-community travel may resume with extreme caution and respect of local procedures and regulations.



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:

- <http://www.creehealth.org/covid>
- www.cngov.ca/covid-19/
- www.creehealth.org
- 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 **general questions and concerns about vaccination: 1-866-855-2811**. If you want to make an appointment to get vaccinated, please call your local CMC directly. To learn more about the vaccine, visit the Cree Health Board's FAQ site: <https://www.creehealth.org/covid-vaccine-faq>

COVID-19 PREVENTION AND VARIANT INFO

To learn more about how to prevent the spread of COVID-19 and for information on variants of COVID-19, please visit: <https://www.creehealth.org/covid/prevention>

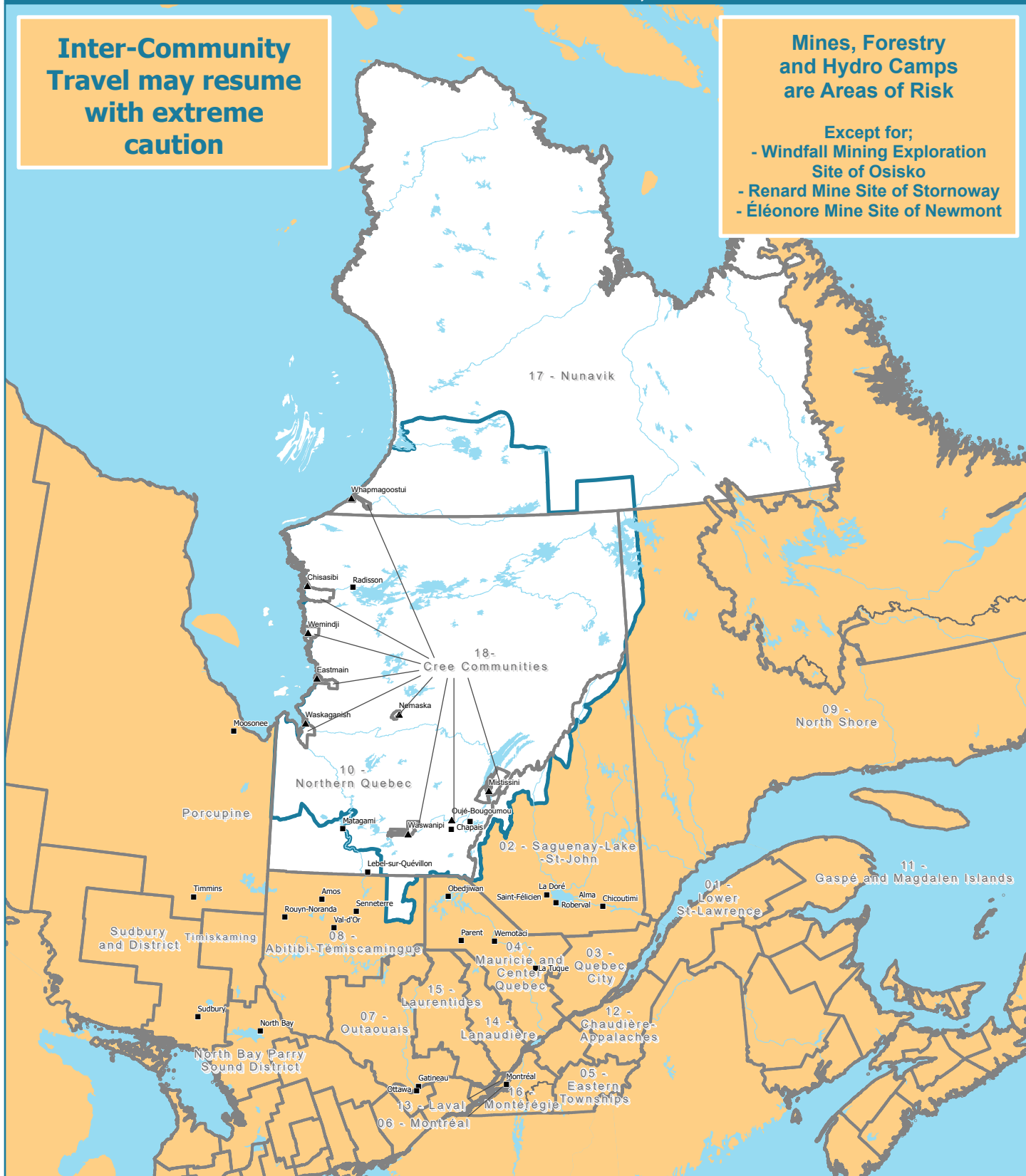
COVID-19 Areas of Risk

Effective as of March 19, 2021

**Inter-Community
Travel may resume
with extreme
caution**

**Mines, Forestry
and Hydro Camps
are Areas of Risk**

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



- ▲ Cree Community
- Town

Eeyou Istchee
 Health Region
 Areas of Risk

0 30 60 120 180 240 Kilometers

Projection: UTM Zone 18 NAD 83
Sources: CNG, Eeyou Istchee (2015), MERN
BGDA 5M (2017), Statcan Health Region (2011)

Document Name: EI_Covid19_AreasRisk_8x10
Date: 3/18/2021



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Cree Nation Government
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