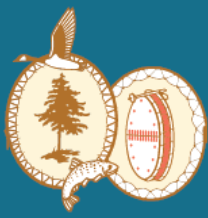


Message from Leadership

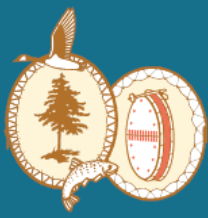
- Unfortunately, cases in neighboring regions such as Region 2-Saguenay Lac St-Jean and Region 8-Abitibi continue to rise assumed to be related to an increase in COVID-19 variants which are more contagious. Variants are being identified in more and more regions throughout Quebec. Fortunately, Regions like Region 10-Nord du Quebec and Region 18-Eeyou Istchee have managed to avoid the emergence of the COVID-19 Variants. The variants pose a very serious risk when they enter a community. Thoughts and prayers of the Cree Nation are with the Innu of Mashteuiatsh as they battle against a devastating outbreak in their community.
 - Considering the risk associated with the variants of COVID-19 and the trend in cases it is hoped that travel to regions like Region 2-Saguenay Lac St-Jean and Region 8-Abitibi could be considered sometime after goose break.
- The strict measures and protocols put in place to protect the residents of Eeyou Istchee continue to work in keeping our communities safe. All follow up tests from the recent outbreak at the Éléonore mine site have returned negative and the mine site has implemented an additional round of testing to their COVID-19 testing protocol to ensure even greater control on site to keep COVID-19 away.
- The good news is that the vaccination campaign in Eeyou Istchee will continue with the administration of the 2nd dose on March 29th, 2021. Anyone yet to get the first dose may continue to do so. The Cree Board of Health and Social Services of James Bay will provide an attestation of the 2nd dose as other jurisdictions and events prepare to require proof of vaccination for granting access.
 - 40% of the Cree population is under the age of 18 meaning they are unable to receive the vaccine at this time. Although the fatality of COVID-19 might be lower in youth, the long-term effects are not well understood and we must all remain vigilant until all members of Eeyou Istchee can receive the protection of the vaccine. Studies are being conducted to demonstrate that the vaccine is safe for children, hopefully this approval will arrive soon.



CREE NATION COVID-19 Bulletin

March 23rd, 2021

- Protocols are being put in place at community check points to ensure that we can allow the greatest mobility possible while protecting the community. It is imperative that people provide contact numbers and other information which will be kept confidential as they are only for use by Public Health should they need to contact individuals concerning suspected cases.
 - Public Security and checkpoint workers have very difficult jobs enforcing measures which are not popular but protect our communities from COVID-19. They deserve our thanks, patience and gratitude.

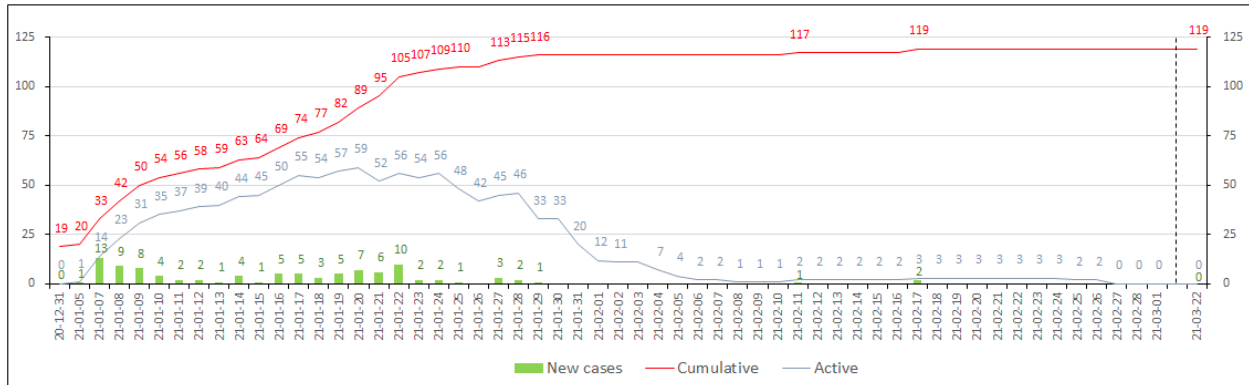


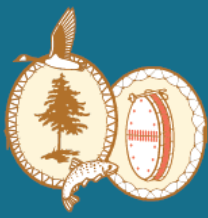
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CREE NATION COVID-19 Bulletin

March 23rd, 2021

Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to March 22nd, 2021

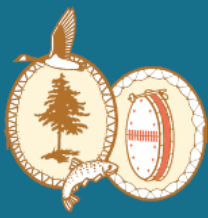




Travelling

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 Quebec ○ Region 17 - Nunavik ○ Region 18 – Cree Communities of Eeyou Istchee 	<p><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:</p> <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> • 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 allowed to enter a restaurant of that region) • Bars closed

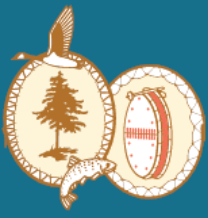


CREE NATION COVID-19 Bulletin

March 23rd, 2021

<ul style="list-style-type: none"> o Region 15 – Laurentians Region 16 – Montérégie 		<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 between Waswanipi, Oujé-Bougoumou and 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: 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

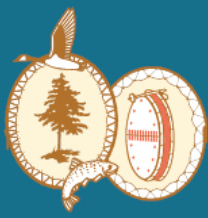
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

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.

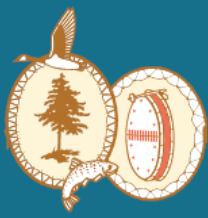


CREE NATION COVID-19 Bulletin

March 23rd, 2021

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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.



Vaccination Program

The Cree Nation has achieved 77% 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.

Vaccination Outside Region 18

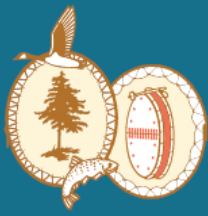
Service agreements have been secured with the regions of Outaouais, Estrie, Abitibi and Montreal for Cree beneficiaries and students outside of Region 18 to receive their vaccine as part of the Re-Entry Program.

For beneficiaries from other regions in Québec, please email the Cree Health Board for registering an appointment:

18TCR.ReentryVaccine@ssss.gouv.qc.ca

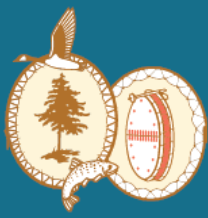
Total results of COVID-19 vaccination as of March 22nd, 2021

Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,757	511	2,092	438	438	1,210	944	975	654	10,019



Education

- The Cree School Board is beginning the planning for the end of a very challenging school year and remind everyone of the importance of filling out the daily health checks.



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
- 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.**

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>