

Message from Leadership

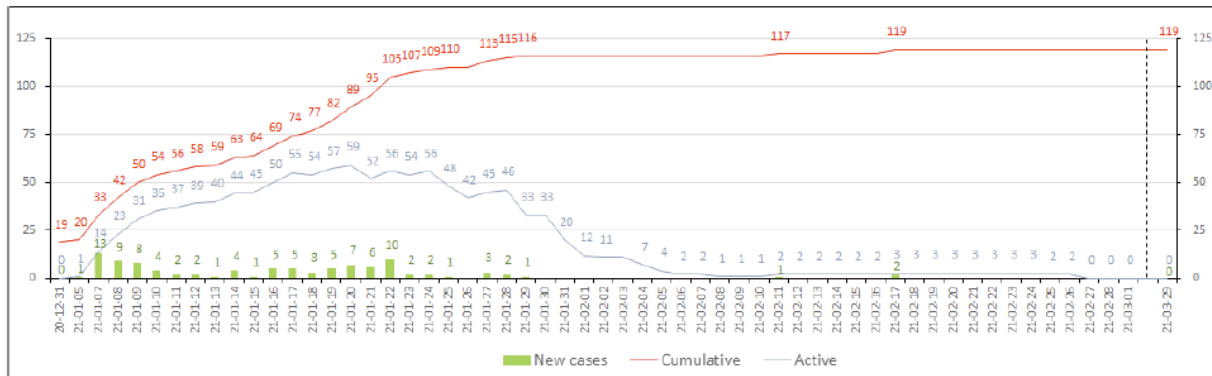
- The Government of Quebec has officially recognized the beginning of a 3rd wave in Quebec. The wave is associated with variants of COVID-19 which will dominate the instances of COVID-19 in the province shortly. The neighboring regions of Region 2-Saguenay-Lac-St-Jean and Region 8-Abitibi are unfortunately seeing an important rise in cases.
 - In Ontario, cases continue to rise with certain regions, like Gatineau, returning to Red zone.
- Eeyou Istchee will be the safest region for this year's Goose Break considering the rapid increase of variants in regions of Quebec and Ontario. Eeyou Istchee has been fortunate until now as the variant has yet to enter our region. Precautionary measures and the respect of local protocols remain highly important during Goose Break as will be outlined in the updated Safety Guidelines for Camps: <https://creehealth.org/covid/bush-camp-safety>
- Given events out of the control of the Cree Health Board, the 2nd shipment of vaccines will be delayed, and the campaign is expected to begin now on April 9th, 2021. The logistics to receive and distribute the vaccine remain in place and ready and the Cree Nation is still within the recommended delay between doses. A two-week vaccination campaign will begin as soon as the vaccines are received in Eeyou Istchee in an effort to vaccinate as many people as possible before Goose Break.
- Protocols in place at all local checkpoints are proving efficient. Continued collaboration from travelers entering and exiting communities is essential to ensuring rapid response in the event of an outbreak. Providing gate workers with proper information is necessary to help maintain this efficiency.
- To help provide up-to-date and accurate information concerning the variant and the vaccine, a livestream event will be broadcast Wednesday, March 31, 2021 starting at 5PM.

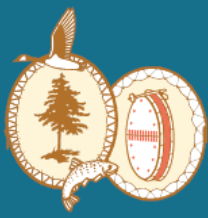


CREE NATION COVID-19 Bulletin

March 30th, 2021

Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to March 29th, 2021

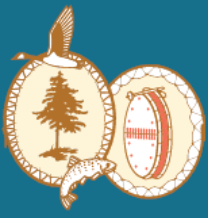




Travelling

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"> • <u>The Curfew for Region 10 is lifted.</u> • <u>Indoor or outdoor gatherings are limited to members of two designated households (Households are not inter-changeable)</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) <p>Southern areas of Quebec (Red) such as Gatineau, Laurentians, Montreal or the</p>

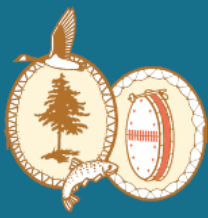


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March 30th, 2021

<ul style="list-style-type: none"> Region 15 – Laurentians Region 16 – Montérégie 		<p>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.

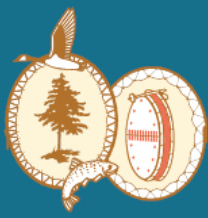


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March 30th, 2021

Cree School Board
Commission scolaire crié

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

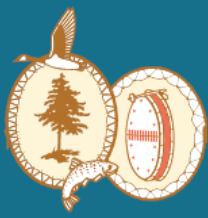
Service agreements have been secured with the regions of Outaouais, Estrie, Abitibi and Montreal for Cree beneficiaries and students outside of Region 18 to receive their vaccine as part of the Re-Entry Program.

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

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

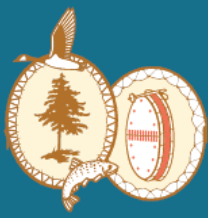
Total results of COVID-19 vaccination as of March 29th, 2021

Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,802	514	2,110	432	437	1,219	965	976	654	10,109



Education

- The Goose Break plans for the Youth Sector and Sabtuan Adult Education Services are underway as planned: Waskaganish and Eastmain from April 26 to May 7, 2021, and all other communities from May 3 to 14, 2021.
- The Cree School Board did not receive nor distribute the grey and blue SNN200642 masks that the government recalled.
 - It should be noted that local Childcare Centers did not receive nor distribute these masks either.
- All 1,900 loaner laptops have been distributed to all Secondary 1 to 5 students. Loaner laptops will be set up and distributed to Sabtuan Adult students in Chisasibi and Waskaganish.
- Post-Secondary Students studying in Toronto can access a vaccine against COVID-19 from the Anishnawbe Health centre.
- All remains status quo for all vocational programs and general education. The FAQ document has been prepared and shared with Adult students and teachers who have outings. SAES is maintaining online and in-class learning while following all health and safety protocols.



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>