

Message from Leadership

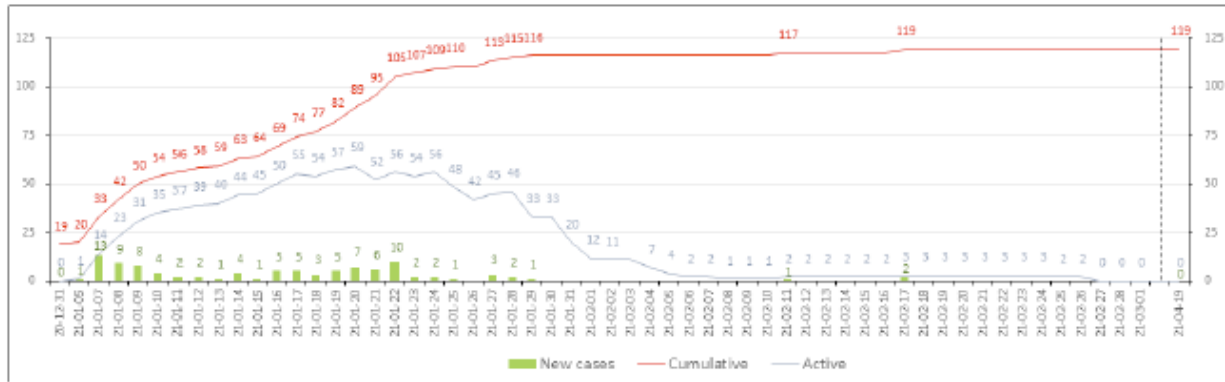
- The emergence and surge of COVID-19 variants across the country and especially for Ontario and Quebec are of grave concern such that Premier of Ontario has called for a 6-week “lockdown” with restrictions on travel in and out of the province. The greatest concern is that victims of COVID-19 are younger than before and appear to be suffering from the disease more than before.
- Restrictions continue to be maintained in Quebec with the hope that increased vaccination and better weather will allow for the eventual easing of restrictions and precautionary measures.
- The communities of Eeyou Istchee, are enjoying exceptional freedoms to gather and other privileges which are not available in the rest of the province, sadly some regions are even seeing the reintroduction of COVID-19 restrictions. The people of Eeyou Istchee made incredible sacrifices so that we can see children enjoying the sunny weather on our playgrounds.
- The vaccination campaign is going well in Eeyou Istchee since the initiation of the administration of the second dose. It is very encouraging to also see an increase in people getting their first dose as well.
 - Although more study is required there are encouraging signs that the vaccine provides greater protection than anticipated and the vaccine appears to make it harder for people transmit COVID-19 should they unfortunately contract COVID-19. The result is that the Cree leadership may find itself in a situation soon where consideration may be given to easing travel restrictions for those that have completed their second dose.
- People of Eeyou Istchee are strongly encouraged to exercise caution getting ready and during goose break so that the Cree Nation can take advantage of opportunities to relax restrictions in June.



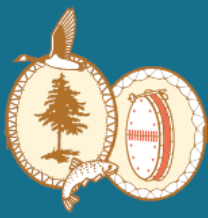
CREE NATION COVID-19 Bulletin

April 20th, 2021

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



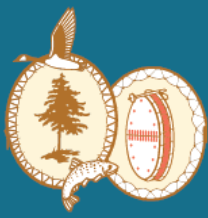
*: No changes since Feb 27th, 2021.



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



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<ul style="list-style-type: none"> o 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"> • <u>Curfew 9:30pm or 8pm</u> to 5am • Bars and Restaurants are closed • Prohibition on all gatherings <p><u>Although Quebec is not restricting traffic heading South, there are restrictions on those traveling North from Southern Quebec. Travel from South to North is restricted to people traveling home and for essential purposes.</u></p>
	<p>Inter Community Travel: Essential Inter Community Travel or travel for visiting family.</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

PHASE 4

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

PHASE 3

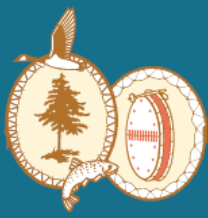
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

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.

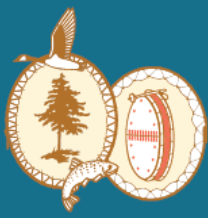


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Cree School Board
Commission scolaire crié

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 85% of the 1st dose of those eligible to be vaccinated. The 2nd dose has been administered to 61% of the eligible population. 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

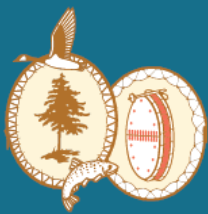
Service agreements have been secured with the regions of Outaouais, Estrie, Abitibi and Montreal for Cree beneficiaries and students outside of Region 18 to receive their vaccine as part of the Re-Entry Program.

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 April 19th, 2021

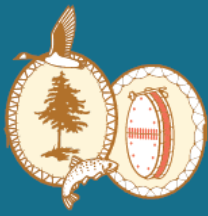
Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,937	525	2,175	465	477	1,270	1,007	1,012	683	10,551
Second dose	2,013	343	1,168	324	246	735	554	842	496	6,721
Total	4,950	868	3,343	789	723	2,005	1,561	1,854	1,179	17,272



Education

- **Elementary and Secondary Schools:** All schools remain in Scenario B. Procedural masks are required in Waswanipi, Mistissini, and Oujé-Bougoumou.
- **Sabtuan Adult Education Services:** Vocational training and general education classes are ongoing, following all public health measures. In accordance with public health recommendations, students and staff must wear face coverings at all times, including while seated in the classroom at a distance.
- **Re-entry Vaccination Program:** The Cree Board of Health and Social Services is offering a Re-Entry Vaccination Program for Cree beneficiaries currently living outside of Eeyou Istchee within the province of Quebec. This includes post-secondary students, CSB employees, and their dependents in Gatineau and Montreal.

The CSB has provided Cree Public Health a list of post-secondary students and their eligible dependents, as well as employees and their eligible dependents. If you are on this list, you will receive a phone call from local health authorities to arrange an appointment. For more information, please visit: www.creehealth.org/news/re-entry-vaccination-program



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>