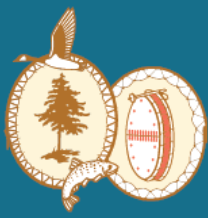


Message from Leadership

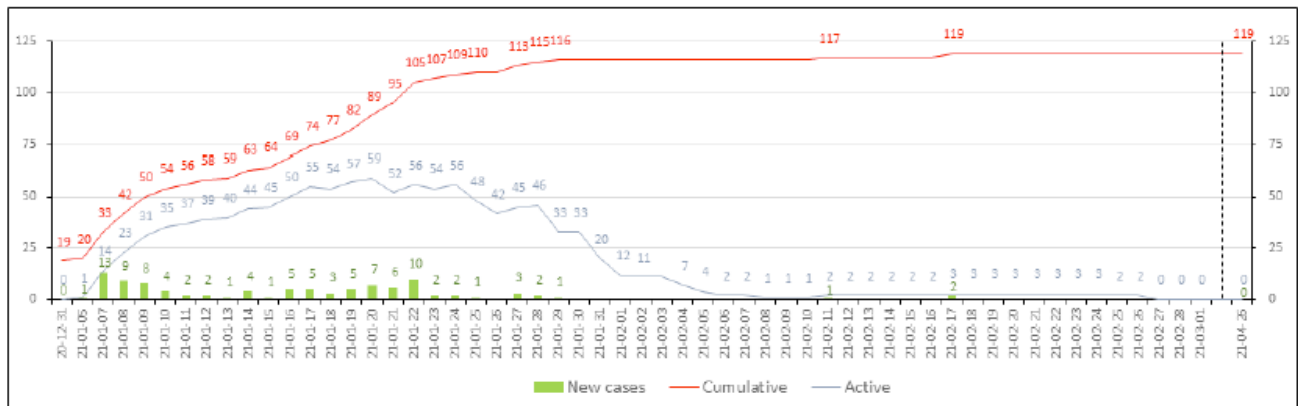
- Worldwide countries and regions continue to struggle to keep COVID-19 back while variants continue to challenge. In Quebec, 82% of cases are now cases associated with variants of concern that have been shown to be more contagious and lead to more severe disease. Numbers in Quebec seem to have stabilized but populations are exhausted and the high number of variants circulated makes the situation still very worrisome.
- The fact that things can change quickly is demonstrated by the fact that cases in Region 2 – Saguenay-Lac-St-Jean are unable to stabilize and are climbing, Northern Ontario is still having active cases yet Region 8 – Abitibi seems to be stabilizing and trending slowly downward. If Region 8 can continue to maintain travel restrictions, gathering restrictions and other precautionary measures it is foreseeable the Cree Nation can consider changing the risk status of the Abitibi Region.
- The Public Health Department of the Cree Board of Health and Social Services of James Bay is working hard to develop new protocols to be introduced in coming weeks to assist in easing restrictions:
 - Consideration is being given to the gradual reduction of the Isolation period.
 - The ability to ease restrictions will depend on matters such as increasing the rate of asymptomatic screening, including testing capacity, and the overall vaccination coverage of the Cree Nation.
 - Jurisdictions around the world are easing restrictions for those that have had their 2nd dose of the vaccine first as a way of gradually introducing restrictions, with those that choose not to take the vaccine following afterwards.
- **People are reminded to be extra cautious when preparing and beginning goose break at their camps. For those that are using their camp as a place to isolate, they are asked to be extra cautious and be vigilant in not receiving guests or visiting other camps, it is even recommended that people use signs when isolating at their camp and it is recommended that you register with your local Public Safety Officer so that people can be aware of your situation.**

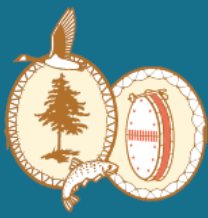


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Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to April 26th, 2021

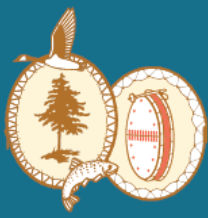




Travelling

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) <p>Southern areas of Quebec (Red) such as Gatineau, Laurentians, Montreal or the</p>

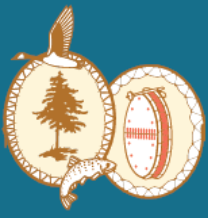


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<ul style="list-style-type: none"> o Region 15 – Laurentians Region 16 – Montérégie 		<p>Quebec City regions remain with the severe restrictions we saw throughout Quebec in January, for example:</p> <ul style="list-style-type: none"> • <u>Curfew 9:30pm 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

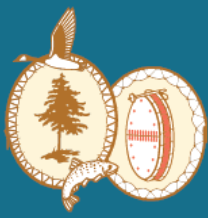
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

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.

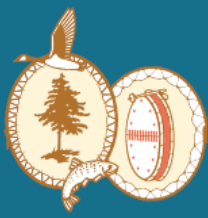


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It is strongly recommended that when traveling to a community travellers contact the Public Security Officers of that community to ensure that they follow the proper procedures to gain entry to those communities:

Whapmagoostui		publicsafety@whapmagoostuifn.ca
Chisasibi	819-855-2878 ext.459, 328, or 307	epc@chisasibi.ca
Wemindji	819-978-7724	publicsafety@wemindji.ca
Eastmain	819-527-9910	igilpin@eastmain.ca
Waskaganish	819-860-8260	Reuben.blackned@waskaganish.ca
Nemaska	819-527-7445	directornps@nemaska.ca
Ouje-Bougoumou	418-770-7581	hsharl@ouje.ca
Waswanipi	819-527-9757	johnnyawashish@cfnw.ca
Mistissini	418-770-9115	jasonshecapio@mistissini.ca



Vaccination Program

The Cree Nation has achieved 77% of the 1st dose of those eligible to be vaccinated. The 2nd dose has been administered to 39% 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

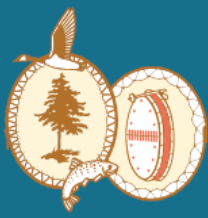
Service agreements have been secured with the regions of Outaouais, Estrie, Abitibi and Montreal for Cree beneficiaries and students outside of Region 18 to receive their vaccine as part of the Re-Entry Program.

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 26th, 2021

Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougoumou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,948	531	2,190	468	485	1,274	1,029	1,020	693	10,638
Second dose	2,105	376	1,320	342	278	773	655	872	525	7,246
Total	5,053	907	3,510	810	763	2,047	1,684	1,892	1,218	17,884



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>