

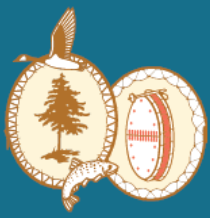
## Message from Leadership

Worldwide COVID-19 cases continue to rise at an alarming rate with India about to surpass the US in cases in the coming week. The fact that cases continue to rise while countries like Canada and the US begin to stabilize shows that there is still a difficult and long road ahead.

Ontario continues to struggle with unusually high numbers and unfortunately the trend seems to be moving North in that province with Ottawa and regions of Northern Ontario seeing daily case numbers climb.

In Quebec, the extreme measures that the Government was forced to put in place continue to pay off with cases beginning to slowly come down. The neighboring region of Abitibi continues to do well, where local Public Health Authorities, business and local populations work hard to limit interactions with travelers from “Red Zone” regions. Even though Public Health continues to recommend that isolation is not required when traveling to Region 8 – Abitibi it is still very important that people exercise extreme caution when traveling outside of their community.

The Department of Public Health of the Cree Board of Health and Social Services of James Bay has received confirmation that the Pfizer vaccine will be made for the minors of Eeyou Istchee, from ages 12 to 17. The logistics and date to begin the administration of the vaccine is being determine and will be announced in the near future.



# CREE NATION COVID-19 Bulletin

May 11<sup>th</sup>, 2021

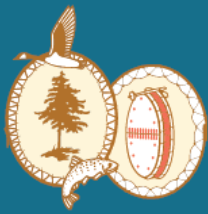
## Recommended Isolation Periods:

<b>Vaccinated:</b> Individuals who have received two (2) doses of a Public Health approved vaccine	Seven (7) Days
<b>Non-Vaccinated</b>	Ten (10) Days

Six (6) of nine (9) communities of Eeyou Istchee have approved the recommended changes to the isolation periods of seven (7) days for individuals who have received two (2) doses and 10 (10) days for those who have yet to be vaccinated (including minors). It is important to keep in mind the following in light of these changes:

- Everyone wishing to benefit from the seven (7) day period of isolation should be prepared to provide proof of vaccination, this can be obtained in the form of a document from the local clinic.
- Groups traveling with people subject to different periods of isolation should make arrangements to either complete ten (10) of isolation with everyone or have those who are subject to the ten (10) isolation requirement complete the last three (3) of their isolation separately.
- Until children can be vaccinated, if it can be avoided it is recommended not to travel to high-risk areas with children.

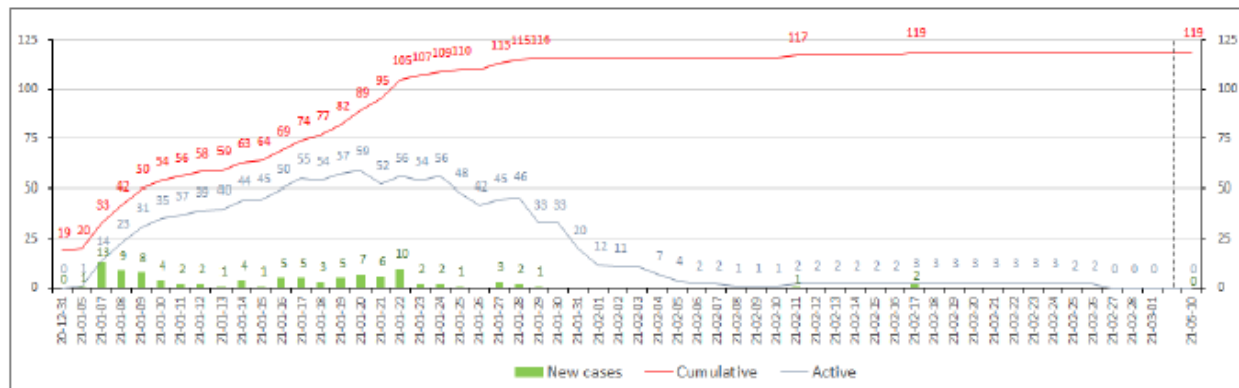
Region 18 – Eeyou Istchee has made it back into the list of regions with the longest standing records of no cases of COVID-19. This is a difficult achievement that takes the dedication and commitment of all Public Security and Public Health staff who deserve our gratitude, respect and patience as we make our way out of these ever changing and trying times.

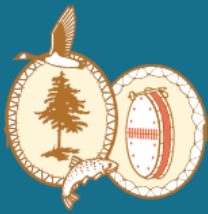


# CREE NATION COVID-19 Bulletin

May 11<sup>th</sup>, 2021

## Evolution of the total number of positive COVID-19 cases Eeyou Istchee, December 31, 2020 to May 10<sup>th</sup>, 2021





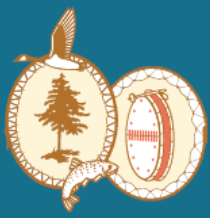
# CREE NATION COVID-19 Bulletin

May 11<sup>th</sup>, 2021

## Travelling

Based on the new criteria for assessing the risk of a region, considering that Abitibi has a good vaccination rate and the local population and authorities have been vigilant in containing and preventing COVID-19 cases, Region 8 – Abitibi is not considered an Area of Risk as of May 4<sup>th</sup>, 2021 and travellers arriving from this region as of May 4<sup>th</sup>, 2021 will not be required to isolate.

Areas of Risk – Travel not advised, and travellers <b>WILL BE</b> subject to local Mandatory Isolation Laws	Areas of Reduced Risk - Travellers will <b>NOT</b> be subject to local Mandatory Isolation Laws	Special Note
Anywhere outside Quebec		<b><u>Ontario is restricting entry into the province to travel for essential purposes only.</u></b>
within Quebec: <ul style="list-style-type: none"> <li>Region 1 – Lower St-Lawrence</li> <li>Region 2 – Saguenay-Lac-St-Jean</li> <li>Region 3 – Quebec Capital</li> <li>Region 4 – Mauricie and Centre du Québec</li> <li>Region 5 – Estrie</li> <li>Region 6 – Montreal</li> <li>Region 7 – Outaouais (Gatineau)</li> <li>Region 9 – North Shore</li> <li>Region 11 – Gaspé and Magdalen Islands</li> <li>Region 12 – Chaudière-Appalaches</li> <li>Region 13 – Laval</li> </ul>	Within Quebec: <ul style="list-style-type: none"> <li>Region 8 - Abitibi</li> <li>Region 10 – Nord du Québec</li> <li>Region 17 - Nunavik</li> <li>Region 18 – Cree Communities of Eeyou Istchee</li> </ul>	<b><i>These measures DO NOT apply inside our communities on Category I lands:</i></b> 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"> <li><b><u>The Curfew for Region 8 – Abitibi Témiscamingue is lifted.</u></b></li> <li>Indoor or outdoor gatherings are limited to members of two designated households (Households are not inter-changeable)</li> <li>Business can open with restrictions on the number of people (1 person per household)</li> <li>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)</li> </ul>

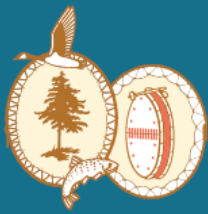


# CREE NATION COVID-19 Bulletin

May 11<sup>th</sup>, 2021

<ul style="list-style-type: none"><li>○ Region 14 – Lanaudière</li><li>○ Region 15 – Laurentians</li><li>Region 16 – Montérégie</li></ul>		<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"><li>• <b><u>Curfew 9:30pm or 8pm</u></b> to 5am</li><li>• Bars and Restaurants are closed</li><li>• Prohibition on all gatherings</li></ul> <p>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.</p>
<p>Within Eeyou Istchee:</p> <ul style="list-style-type: none"><li>• any Hydro-Quebec site;</li><li>• any mine site</li><li>• any forestry camp</li></ul>	<ul style="list-style-type: none"><li>• Windfall Mining Exploration Site of Osisko Mining Inc;</li><li>• Renard Mine Site of Stornoway;</li><li>• Éléonore Mine Site of Newmont</li><li>• <b><u>Wallbridge Mining Exploration Site of Fenelon</u></b></li></ul>	<p>These four mining companies have testing protocols that allow workers to be exempt from local Mandatory Self-Isolation Laws.</p>

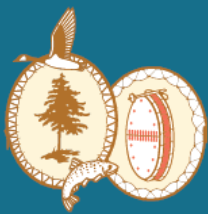
**CAUTION: Every community has their own procedure for applying for entry into the community** and travellers are always advised to call ahead and verify the entry procedure or travel restrictions that may exist at their point of destination or regions that they are transitioning to as conditions can change quickly.



# CREE NATION COVID-19 Bulletin

May 11<sup>th</sup>, 2021

Community	Deconfinement Phase	Special Advisories
Chisasibi	Phase 4	Local restrictions and procedures for entry must be respected: 819-855-2878 ext.459, 328, or 307 and <a href="mailto:epc@chisasibi.ca">epc@chisasibi.ca</a>
Eastmain	Phase 4	Local restrictions and procedures for entry must be respected: 819-527-9910 and <a href="mailto:igilpin@eastmain.ca">igilpin@eastmain.ca</a>
Mistissini	Phase 4	Local restrictions and procedures for entry must be respected: 418-770-9115 and <a href="mailto:jasonshecapio@mistissini.ca">jasonshecapio@mistissini.ca</a>
Nemaska	Phase 4	Local restrictions and procedures for entry must be respected: 819-527-7445 and <a href="mailto:directornps@nemaska.ca">directornps@nemaska.ca</a>
Oujé-Bougoumou	Phase 4	Local restrictions and procedures for entry must be respected: 418-770-7581 and <a href="mailto:hsharl@ouje.ca">hsharl@ouje.ca</a>
Waskaganish	Phase 4	Local restrictions and procedures for entry must be respected: 819-860-8260 and <a href="mailto:Reuben.blackned@waskaganish.ca">Reuben.blackned@waskaganish.ca</a>
Waswanipi	Phase 4	Local restrictions and procedures for entry must be respected: 819-527-9757 and <a href="mailto:johnnyawashish@cfnw.ca">johnnyawashish@cfnw.ca</a>
Wemindji	Phase 4	Local restrictions and procedures for entry must be respected: 819-978-7724 and <a href="mailto:publicsafety@wemindji.ca">publicsafety@wemindji.ca</a>
Whapmagoostui	Phase 4	Local restrictions and procedures for entry must be respected: <a href="mailto:publicsafety@whapmagoostuifn.ca">publicsafety@whapmagoostuifn.ca</a>



## 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

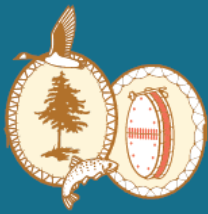
- Outdoor gatherings 75 or 10 households
- Indoor gathering 25 or 3 households (This limitation applies to indoor private gatherings and indoor public events, such as sporting events)
- There is no need to close offices in Eeyou Istchee so long as the proper precautionary measures are maintained.

### 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.



## Vaccination Program in Eeyou Istchee

The Cree Nation has achieved 87% of the 1<sup>st</sup> dose of those eligible to be vaccinated. The 2<sup>nd</sup> dose has been administered to 62% 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 Rate:

### Total results of COVID-19 vaccination as of May 10<sup>th</sup>, 2021

Vaccination	Chisasibi	Eastmain	Mistissini	Nemaska	Ouje-Bougou-mou	Waskaganish	Waswanipi	Wemindji	Whapmagostui	Total
First dose	2,977	534	2,225	470	494	1,279	1,046	1,022	697	10,744
Second dose	2,216	390	1,441	353	299	825	718	900	531	7,673
Total	5,193	924	3,666	823	793	2,104	1,764	1,922	1,228	18,417

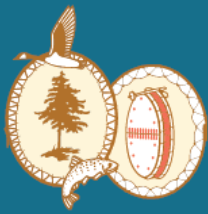
## Vaccination Outside Region 18

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](mailto:18TCR.ReentryVaccine@ssss.gouv.qc.ca)





## 2nd Dose Outside Region 18

For those needing a second dose and are out of Region 18 - Eeyou Istchee for a long period: The target established by the MSSS of 112 days between 2 doses is coming soon for people vaccinated on our territory in January.

**If you received your first dose of the Moderna vaccine in Eeyou Istchee in the past months and are unable to come back on the territory within that 112 days interval, please follow these steps to obtain an appointment in your region.**

1. Have on hand your RAMQ and the date you received your first dose.
2. Call Services Quebec at 1-877-644-4545. (Do NOT go on Clic-Santé to book an appointment, the vaccination center will refuse to vaccinate you as it is reserved for first dose appointments).
3. Choose the following options once you have dialed-in:

\* - COVID-19 information



2 - Modify or cancel a vaccination appointment ↓

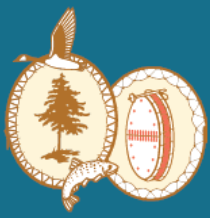
2 - Appointment for a 2nd dose



Follow the choices for your region of residence

4. You will be connected to the 2nd Dose Vaccination Call Center. They will offer you an appointment in a vaccination center close to your home about 112 days after your 1st dose.

*\* Note that most of the appointment centers will not know if the site will get Moderna or Pfizer vaccines. In this situation, it is recommended not to delay vaccination and receive the vaccine that is available at the site.*



## 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/](http://www.cngov.ca/covid-19/)
- [www.creehealth.org](http://www.creehealth.org)
- [www.eeyoueducation.ca](http://www.eeyoueducation.ca)
- [www.quebec.ca/coronavirus](http://www.quebec.ca/coronavirus)
- [www.canada.ca/coronavirus](http://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>

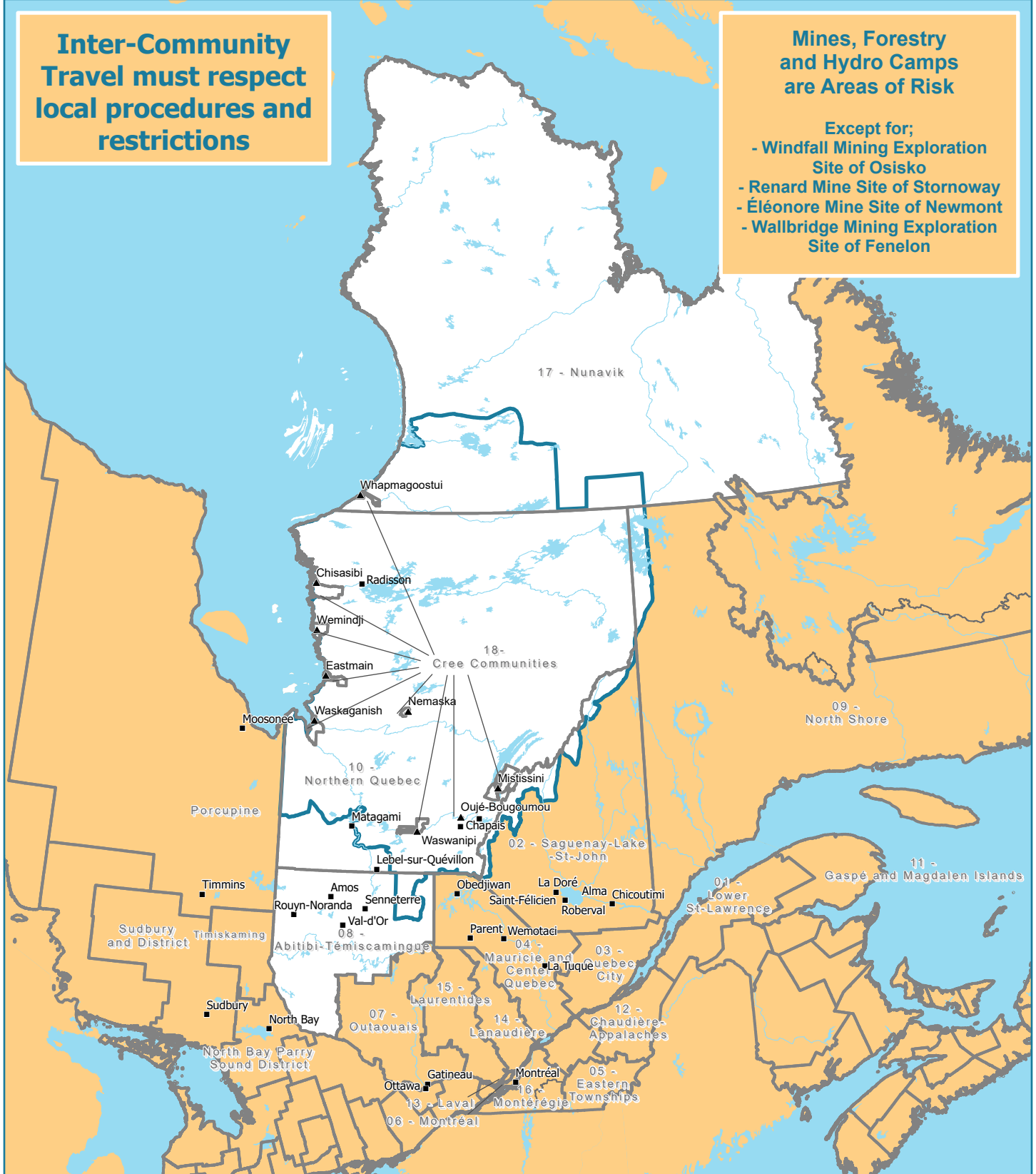
# COVID-19 Areas of Risk

Effective as of May 11, 2021

**Inter-Community  
Travel must respect  
local procedures and  
restrictions**

**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  
- Wallbridge Mining Exploration  
Site of Fenelon



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: 5/11/2021



ᑭᑭᑦ ᑕᑦᑭᑦᑕᑦ  
**Cree Nation Government**  
Gouvernement de la Nation Crie