

## Message from Leadership

The people of Eeyou Istchee have shown incredible discipline and effort in abiding by the sanitary measures that were put in place since the beginning of the Pandemic, which has been key in keeping our communities safe from COVID-19 since February 20<sup>th</sup>.

While the situation is improving in Quebec, it is crucial for the Cree Nation to remain vigilant to COVID-19 and the variants of COVID-19 which continue to be a threat to communities around the world. It is important to keep in mind that until we are able to vaccinate children, efforts will be needed to continue to protect the community from the threat of COVID-19 and its variants. This means continuing to abide by the sanitary measures and being cautious while travelling in areas of risk.

In the last week, 161 additional residents of Eeyou Istchee have received their second dose of an approved vaccine providing them with the best protection available against COVID-19 and the variants of COVID-19.

Testing is also a key component to ensure the safety of all of our communities, as it provides valuable information to the Public Health Department of the Cree Board of Health and Social Services of James Bay (CBHSSJB). The CBHSSJB has implemented gargle testing for COVID-19 which will be available in all communities' clinics as of this week. Gargle testing allows for a less invasive way of monitoring the presence of COVID-19 in our communities. People are asked that when called upon by the Public Health Department to undertake such test, to go get tested, especially for those that are not vaccinated and those who have travelled. The more information we assist the Public Health Department in collecting, the better their advice can be on how to safely deconfine our communities.



# CREE NATION COVID-19 Bulletin

June 29<sup>th</sup>, 2021

## Fully Vaccinated Rates

### Percentage of Fully vaccinated 18 years old and over

Wemindji	Whapmagoostui	OJ	Eastmain	Waswanipi	Chisasibi	Nemaska	Mistissini	Waskaganish
90	83	80	80	73	72	72	71	71

Effective June 15<sup>th</sup>, 2021, fully vaccinated individuals (defined as upon reception of 2<sup>nd</sup> dose) are exempt from any isolation requirements including when returning from travel from anywhere outside the communities of Eeyou Istchee.

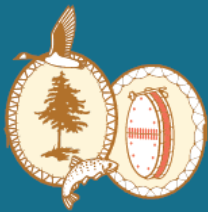
## Continued Efforts to Vaccination

### Percentage of First dose (12-17 years old)

Waskaganish	Whapmagoostui	Nemaska	Wemindji	Eastmain	Mistissini	Chisasibi	OJ	Waswanipi
97	93	88	84	72	71	68	67	57

### Percentage of Fully Vaccinated entire population (0+ Years)

Wemindji	Whapmagoostui	OJ	Eastmain	Mistissini	Nemaska	Chisasibi	Waswanipi	Waskaganish
62	54	52	50	49	49	48	46	46



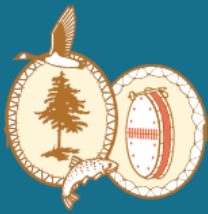
### Deconfinement in Eeyou Istchee v. Quebec in General

Until a more significant portion of the population is vaccinated there will still need to be restrictions on gathering inside Eeyou Istchee, however, because the Cree Nation has demonstrated incredible discipline and made great sacrifices we can enjoy the most relaxed confinement measures in Quebec at this time:

Eeyou Istchee	Quebec: Green
Indoor: 50 People*	Indoor: Max of 10 people or 3 households
Outdoor: 150*	Outdoor: Max of 20 people or 3 households

\*Note: It is possible to write to Public Health, which in collaboration with local Councils will assist in developing protocols for indoor and outdoor gatherings by public organizations beyond the recommended limit:

[18tcr.phcovidteam@ssss.gouv.qc.ca](mailto:18tcr.phcovidteam@ssss.gouv.qc.ca) or [covidrisk@cngov.ca](mailto:covidrisk@cngov.ca)

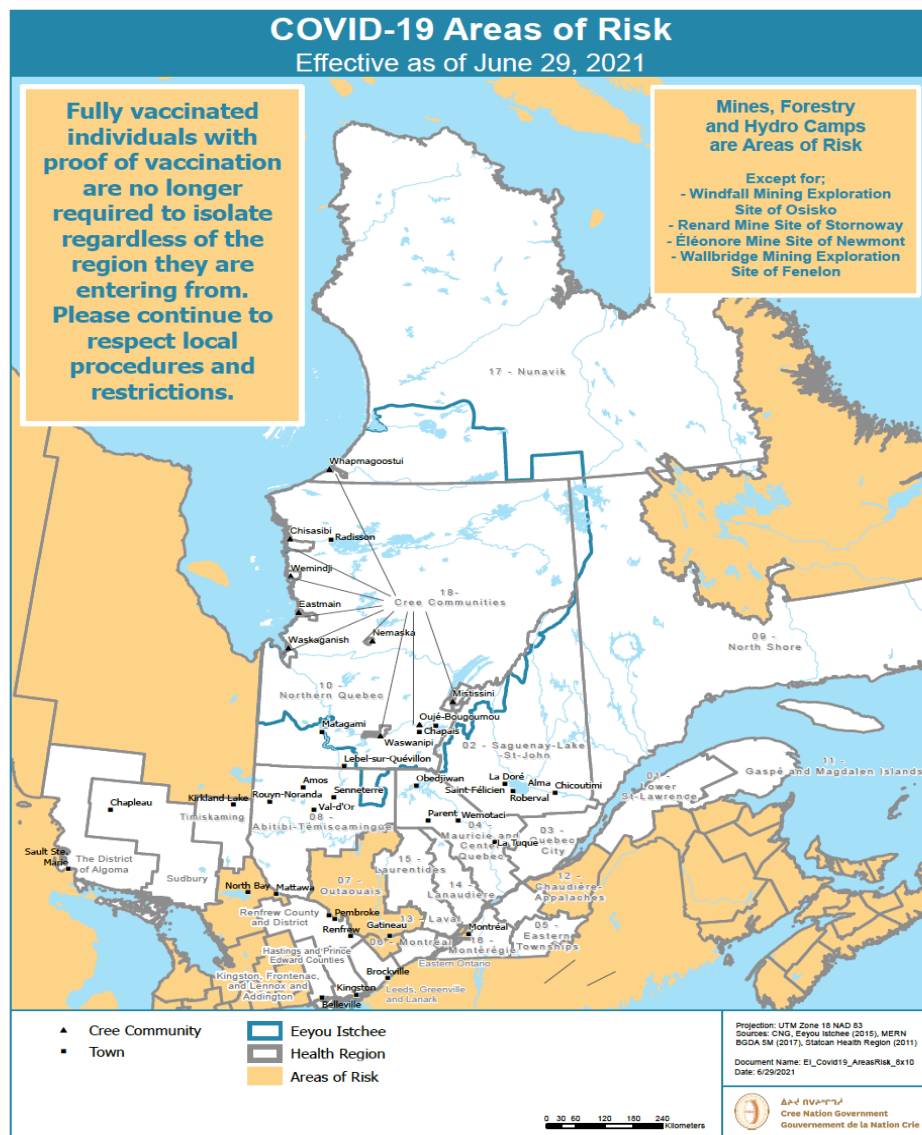


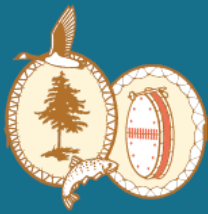
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## Areas of Risk

Unvaccinated travellers still represent a very real risk to the vulnerable members of our community when they arrive from an area of risk. The distinguishing factor that has kept the Cree Nation safer than any other jurisdictions has been the Mandatory Self-Isolation Laws of Eeyou Istchee where travellers who represented a risk isolated (presently 10 days) upon return to protect the vulnerable members of the community.



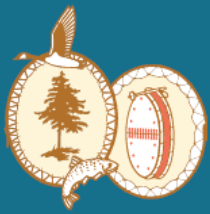


# CREE NATION COVID-19 Bulletin

June 29<sup>th</sup>, 2021

Every community has specific procedures for entering and travellers are strongly recommended to contact communities prior to arrival. It is also recommended to call the local CMC with questions in relation to vaccination:

Community	Contact
Chisasibi	Phone: 819-855-5797 E-mail: <a href="mailto:matthewchiskamish@chisasibi.ca">matthewchiskamish@chisasibi.ca</a> CMC: (819) 855-9011
Eastmain	Phone: 819-354-0493 E-mail: <a href="mailto:igilpin@eastmain.ca">igilpin@eastmain.ca</a> CMC: (819) 977-5194
Mistissini	Phone: 418-770-4721 E-mail: <a href="mailto:jasonshecapio@mistissini.ca">jasonshecapio@mistissini.ca</a> CMC: (418) 923-3376
Nemaska	Phone: 819-527-7445 E-mail: <a href="mailto:directornps@nemaska.ca">directornps@nemaska.ca</a> CMC: (819) 673-2511
Oujé-Bougoumou	Phone: 418-770-9305 E-mail: <a href="mailto:hsharl@ouje.ca">hsharl@ouje.ca</a> CMC: (418) 745-3901
Waskaganish	Phone: 819-895-4053 E-mail: <a href="mailto:Reuben.blackned@waskaganish.ca">Reuben.blackned@waskaganish.ca</a> CMC: (819) 895-8833
Waswanipi	Phone: 819-527-7483 E-mail: <a href="mailto:johnnyawashish@cfnw.ca">johnnyawashish@cfnw.ca</a> CMC: (819) 753-2511
Wemindji	Phone: 819-978-7724 and E-mail: <a href="mailto:publicsafety@wemindji.ca">publicsafety@wemindji.ca</a> CMC: (819) 978-0225
Whapmagoostui	E-mail: <a href="mailto:publicsafety@whapmagoostuifn.ca">publicsafety@whapmagoostuifn.ca</a> CMC: (819) 929-3307



## 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>

## TO OBTAIN PROOF OF VACCINATION:

Download and fill the consent form available here:

<https://publications.msss.gouv.qc.ca/msss/en/document-001089/>

Along with the completed form, attach a copy of your ID and send to the following email: [18TCR.CovidVaccinationForms@ssss.gouv.qc.ca](mailto:18TCR.CovidVaccinationForms@ssss.gouv.qc.ca)