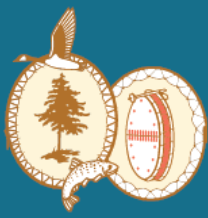


## Message from Leadership

Worldwide COVID-19 and its variants continue to be of concern with jurisdictions still experiencing 4<sup>th</sup> and in some cases 5<sup>th</sup> waves. With the province wide shortage of medical staff and personnel there is continued need to be cautious and protect the capacity of our health care systems. Fortunately in Eeyou Istchee with the dedication of the residence of Eeyou Istchee, the increasing in testing capacity and tools, the continued vaccination campaign there is reason to be optimistic that we will continue to enjoy a safe and advanced deconfinement.

With a view to accelerating the full vaccination of all residence over 12 years old the Cree Health Board and Social Services of James Bay is making the 2<sup>nd</sup> dose of vaccination available within 4 weeks of the first dose. This would allow any who wish to travel unrestricted with children 12 and over to do so earlier than expected. People are encouraged to contact the numbers listed in this bulletin for their community to schedule first or second doses.



### Fully Vaccinated Rates

#### Percentage of Fully vaccinated 18 +

Wemindji	Whapmagoostui	OJ	Eastmain	Waswanipi	Mistissini	Nemaska	Chisasibi	Waskaganish
94	84	83	83	75	75	74	73	72

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

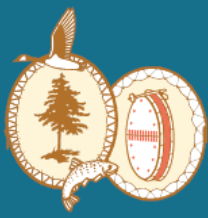
### Continued Efforts to Vaccination

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

Waskaganish	Whapmagoostui	Nemaska	Wemindji	Eastmain	Mistissini	OJ	Chisasibi	Waswanipi
99	98	90	87	77	77	74	72	65

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

Wemindji	Whapmagoostui	OJ	Eastmain	Mistissini	Nemaska	Chisasibi	Waswanipi	Waskaganish
65	54	54	52	52	50	49	48	47



### Deconfinement in Eeyou Istchee

As conditions continue to improve in Eeyou Istchee and following the advice of Public Health advice being given in multiple jurisdictions the following are changes are proposed to social distancing measures:

- **One meter** social distancing is required **indoors with** continued use of **masks**.
- **One meter** social distancing is required **outdoors without** the requirement for **masks**.
- **Organized events** (sporting events, Assemblies, funerals, weddings) are permitted with **250** participants **subject to the size of the venue** allowing for the appropriate social distancing of 1 meter.

### 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 may great sacrifices we can enjoy the most relaxed confinement measures in Quebec at this time:

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

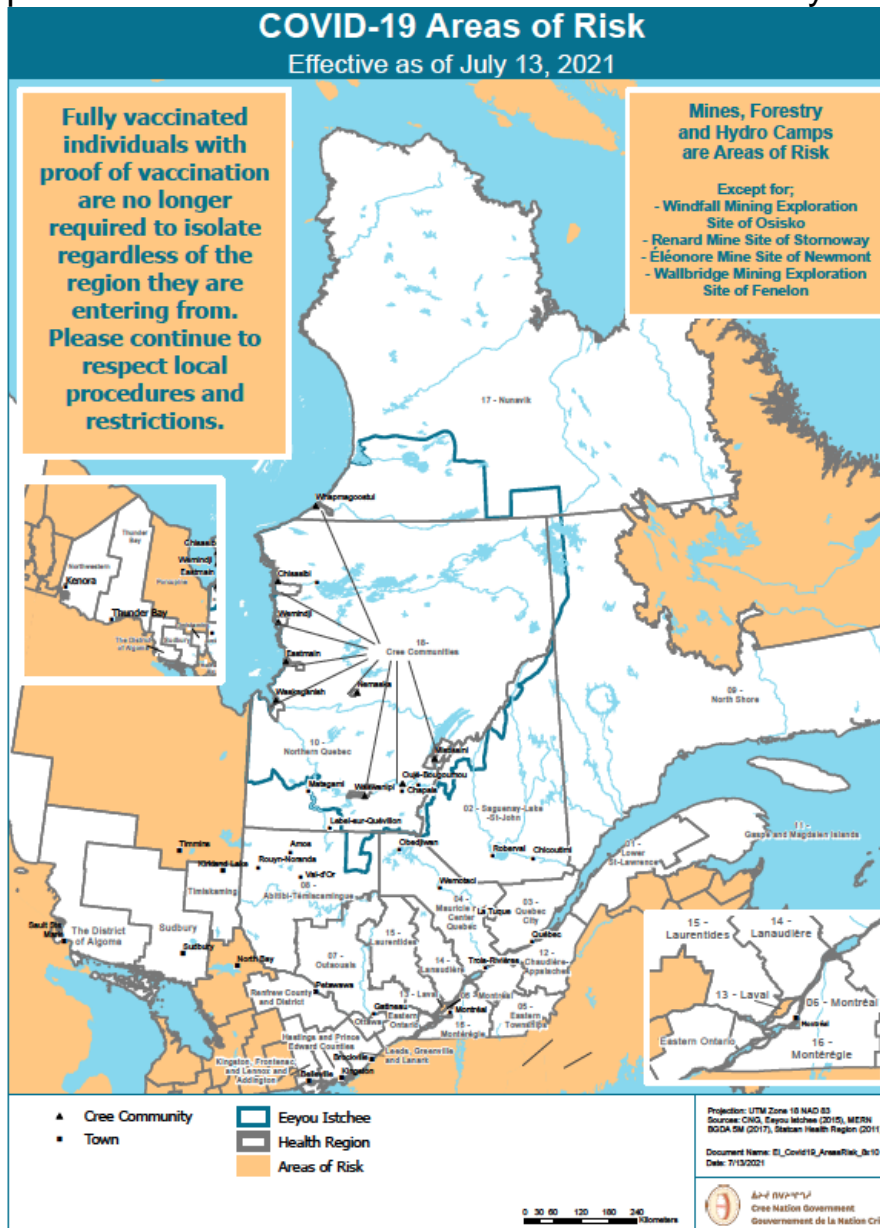
\*Note: It is possible to write to Public Health, which in collaboration with local Councils will assist in developing protocols for indoor and outdoor gatherings by public organizations beyond the recommended limit:

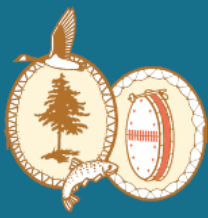
[18tcr.phcovidteam@ssss.gouv.qc.ca](mailto:18tcr.phcovidteam@ssss.gouv.qc.ca) or [covidrisk@cngov.ca](mailto:covidrisk@cngov.ca)



### Areas of Risk

Unvaccinated travelers 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 travelers who represented a risk isolated (presently 10 days) upon return to protect the vulnerable members of the community.





# CREE NATION COVID-19 Bulletin

July 13<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: matthewchiskamish@chisasibi.ca CMC: (819) 855-9011
Eastmain	Phone: 819-354-0493 E-mail: igilpin@eastmain.ca CMC: (819) 977-5194
Mistissini	Phone: 418-770-4721 E-mail: jasonshecapio@mistissini.ca CMC: (418) 923-3376
Nemaska	Phone: 819-527-7445 E-mail: directornps@nemaska.ca CMC: (819) 673-2511
Oujé-Bougoumou	Phone: 418-770-9305 E-mail: hsharl@ouje.ca CMC: (418) 745-3901
Waskaganish	Phone: 819-895-4053 E-mail: Reuben.blackned@waskaganish.ca CMC: (819) 895-8833
Waswanipi	Phone: 819-527-7483 E-mail: johnnyawashish@cfnw.ca CMC: (819) 753-2511
Wemindji	Phone: 819-978-7724 and E-mail: publicsafety@wemindji.ca CMC: (819) 978-0225
Whapmagoostui	E-mail: publicsafety@whapmagoostuifn.ca 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)