

### Message from Leadership

Cases in Canada continue to decline however the alarming increasing rates in the US demonstrates that it is very necessary to be cautious with the potential impacts of the Delta variant.

Health administrations across Quebec are experiencing a shortage of staff, in Eeyou Istchee clinics are operating with low medical staff and personnel making it very important that every effort be made to protect the capacity of our health care systems. The lower staff has also resulted in a lower testing capacity however with the dedication of the residents of Eeyou Istchee to the vaccination campaign there is reason to be optimistic that we will continue to enjoy a safe and advanced deconfinement and hopefully avoid the 4<sup>th</sup> wave that is expected by public health experts in the fall for the province of Quebec.

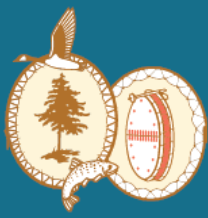
With a view to accelerating the full vaccination of all residence over 12 years old the Cree Health Board and Social Services of James Bay is making the 2<sup>nd</sup> dose of vaccination available within 4 weeks of the first dose. This would allow any who wish to travel unrestricted with children 12 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 12 +

Wemindji	Whapmagoostui	Eastmain	OJ	Nemaska	Waswanipi	Waskaganish	Mistissini	Chisasibi
89%	84%	76%	75%	73%	70%	68%	67%	66%

Currently the Cree Nation is at 54% for the population overall with the second dose. The vaccination campaign has slowed significantly for a number of reasons including the reduced availability of staff to administer the vaccine. **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.**



### Deconfinement in Eeyou Istchee

As conditions remain stable in Eeyou Istchee and communities maintain measures such as the mandatory self-isolation laws the Public Health authority of Eeyou Istchee advises the following measures:

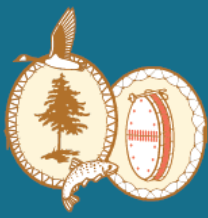
- One-meter social distancing is required indoors with continued use of masks.
- One-meter social distancing is required outdoors without the requirement for masks.
- Private indoor gathering limits of 50 people and private outdoor gathering limits of 150 people (It is possible to write to Public Health, 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))
- 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

Communities not following Cree Board of Health and Social Services of James Bay recommendations must follow Government of Quebec restrictions:

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



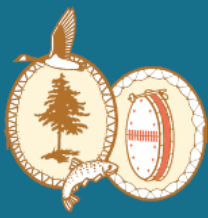


# CREE NATION COVID-19 Bulletin

July 27<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)