

## MESSAGE FROM LEADERSHIP

Things continue to improve in Eeyou Istchee allowing communities to consider lowering more restrictions and permitting greater deconfinement.

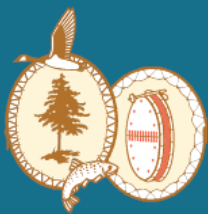
As communities deconfine at different paces it is very important that people **verify the applicable restrictions and requirements for accessing a given community** prior to traveling there.

There are currently two types of Isolation Protocols in Eeyou Istchee:

- **MSIL:** Mandatory Self-Isolation Laws under local jurisdictions (Currently 5 days for those with 3 doses of vaccine + test on Day 5 and 10 days for those with less than three doses + test on Day 5 to 7)
- **Medical:** Medical Self-Isolation under the Authority of the Public Health Director for our Region as per the Public Health Act (Currently 10 days regardless of vaccination status)

The people of Eeyou Istchee need to be congratulated and thanked for the very high-level of compliance that we have with both isolation protocols. For the few who do not comply there is a risk of serious consequences for breaching protocols:

- **MSIL:** A person arriving from an Area of Risk will have their name placed on a public registry. Breaches of this protocol can result in a fine of up to \$1,000 for first offence, up to \$2,000 for second offence and up to \$5,000 for a third offence.
- **Medical:** People under this protocol cannot have their name on a public registry because it is considered private medical information. Breaches of this protocol can result in a fine of \$1,000 to \$6,000 dollars under the Public Health Act.



# CREE NATION COVID-19 Bulletin

February 8, 2022

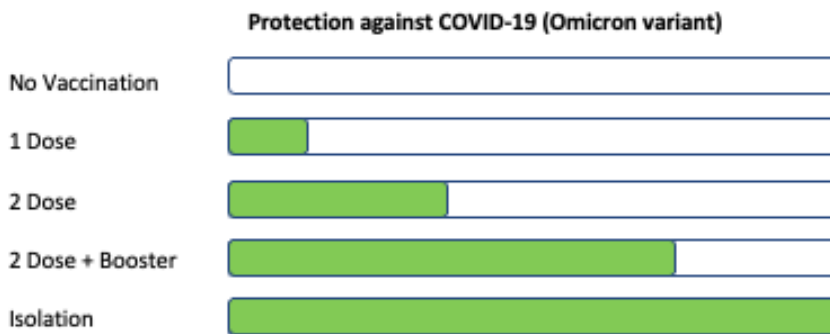
## STATUS OF CASES IN EYYOU ISTCHEE – as of February 7, 2022 3:00PM PCR Test Results and Local Rapid Tests as confirmed by Public Health

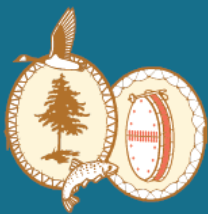
Community	Total Cases	Active	Recovered	Community	Total Cases	Active	Recovered
Chisasibi	266	40	226	Waskaganish	263	33	230
Eastmain	79	2	77	Waswanipi	244	8	236
Mistissini	677	70	607	Wemindji	83	2	81
Nemaska	68	0	68	Whapmagoostui	17	2	15
Ouje-Bougoumou	179	17	162	<b>TOTAL (in territory)</b>	<b>1876</b>	<b>174</b>	<b>1702</b>

People infected with COVID-19 during the outbreak are presumed to have caught Omicron, and likely have short-term protective immunity against the variant that lasts about 3 months. This immunity does not extend to other virus variants that may be in circulation. People should continue all precautionary measures after recovery (including wearing a mask when needed, handwashing, distancing). Public Health recommends vaccination 8 weeks after a confirmed Covid-19 infection.

### Vaccination Campaign

Vaccination is a very important tool in protecting the community and the healthcare system. Please call your local Clinic to schedule an appointment for first, second or third dose. A minimum of 3 months is required between dose 2 and the booster (dose 3).





### Deconfinement in Eeyou Istchee

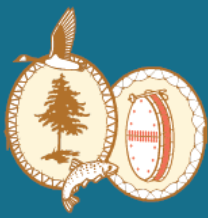
As conditions improve the Cree Nation will be moving forward cautiously to deconfine. Some communities will be moving to an Adapted Phase 3 from Phase 2 depending on the status of COVID-19 cases.

<b>Phase 2</b>
Indoor: Maximum 2 households
Outdoor: Maximum 2 households
Curfew – Established by Local Council
Education: Adapted protocols (mix of online and in person)
Travel: <ul style="list-style-type: none"> <li>• Inter community travel is not recommended</li> </ul>
Work: <ul style="list-style-type: none"> <li>• Essential Services Only <i>(Childcare services to be provided for Essential Service workers)</i></li> </ul>

- Chisasibi
- Waskaganish
- Mistissini

<b>Phase 3</b>
Indoor: Maximum 3 households
Outdoor: Maximum 3 households
Curfew – Established by Local Council
Education: Adapted protocols (mix of online and in person)
Travel: <ul style="list-style-type: none"> <li>• Inter community travel is at the discretion of local Public Security</li> </ul>
Work: <ul style="list-style-type: none"> <li>• Childcare services to be provided for all workers requiring service</li> </ul>

- Eastmain
- Nemaska
- Wemindji
- Ouje-Bougoumou
- Waswanipi
- Whapmagoostui (Subject to coordination with Kuujjuarapik)



### EDUCATION

#### YOUTH SECTOR SCHOOLS

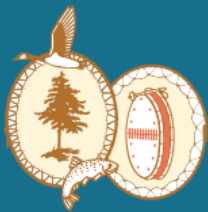
The following are the dates for hybrid learning. Students will rotate from online and in-person to reduce the number of students in the facilities.

February 1, 2022	February 14, 2022
Whapmagoostui Wemindji Eastmain Nemaska Oujé-Bougoumou Waswanipi	Waskaganish  Chisasibi (Elementary)
	February 8, 2022
	Chisasibi (High School)
<b>FOR MISTISSINI</b> To be determined with Public Health recommendation	

The evaluation of opening schools is determined in collaboration with Public Health recommendations. There may be continuation of hybrid learning for some communities beyond this week. This may depend on the local community status of COVID-19 case(s).

Youth Fusion staff and all Mikw Chiyam Artists in residence are in communities. All are respecting necessary Public Health and community protocols for COVID-19.

PSSS essential employees are working on rotation schedules at the Montreal and Gatineau offices. A notice will be sent out to the Post-Secondary students outlining the PSSS staff's presence at the offices on this rotation schedule.



### TRAVEL FROM AN AREA OF RISK

Effective February 8<sup>th</sup>, 2022, the Cree communities of Eeyou Istchee are no longer considered Areas of Risk (See Map). Each community may still have restrictions for access.

Individual	Requirements
Unvaccinated	10-Day Mandatory Isolation
1 Dose	COVID-19 Test Between Day 5-7
2 Doses	
3 Doses	5-Day Mandatory Isolation
	COVID-19 Test on Day 5

**\* When isolating, whether indoor or outdoor, it is important to remain at 2 meters and masked from those that are not in isolation. Please refrain from going to any public areas while in isolation or part of a contact tracing exercise.**

### \*Medical Isolation after a Positive Test

- the Health Board will inform you of how long you will need to isolate (minimally 10 days from the day of testing positive)
- if you are part of a contact tracing exercise you will have to isolate for 10 days, even if you test negative
- if you cannot safely isolate in the house with people not in isolation it is imperative that you contact the local clinic.
- a summary explaining **how to self-isolate** can be obtained from the Cree Board of Health and Social Services of James Bay or by going to: <https://creehealth.org/health-tips/medical-self-isolation-instructions>
- tips on how to support contact tracing efforts: <https://creehealth.org/health-tips/how-you-can-support-contact-tracing>
- 7 things to know about Omicron: <https://www.creehealth.org/health-tips/7-things-you-should-know-about-omicron-variant>
- Understanding why Public Health must keep medical results confidential : <https://vimeo.com/663171046>
- Tips on how to end your medical Isolation: <https://creehealth.org/health-tips/ending-medical-isolation-after-covid-19-infection>

