

SITUATION IN QUEBEC (OUTSIDE EYYOU ISTCHEE)

Worldwide public health authorities are discovering that the Omicron variant of COVID-19 is extremely contagious. Double vaccination does reduce significantly the chance that people will be hospitalized should they catch the virus, but unfortunately they are still capable of catching and spreading the virus. Double vaccination is only 40% effective against that variant but goes up to 75% upon receiving the Booster (3rd Dose).

Due to the urgency of the situation, the local Mandatory Self-Isolation Law (MSIL) needs to be amended.

STATUS OF CASES

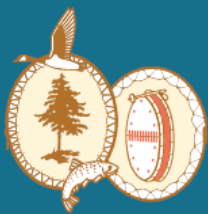
As a demonstration of how risky things have become outside of our communities, new cases have been identified in Eeyou Istchee:

- 7 – Cases in Mistissini related to travel and in isolation
- 3 – Cases in Chisasibi related to travel and in isolation
- 1 – Case in Ouje-Bougoumou related to travel and in isolation

It is recommended that people be proactive when feeling symptoms of any kind that could be associated with COVID-19, early detection through a test is the best way to protect your family and your community.

Vaccination Campaign

Evidence has shown that full vaccination (2 doses) results in 40% effectiveness against Omicron. Effectiveness against Omicron goes higher to 75% after the third shot (booster). This is another reason demonstrating the importance of getting fully vaccinated. Booster (3rd) doses are now available at your local clinic. Please call to schedule an appointment.



Deconfinement in Eeyou Istchee v. Quebec in General

Eeyou Istchee	Quebec: Green
Indoor Gathering: 25 People	Indoor: Max 10 people or 3 households
Gym or Arena Gathering: 150 People	
Outdoor Sheltered Gathering: 150 People	Outdoor: 10 people or 3 households

***These limits are subject to the capacity of the venue and regulated by local public safety**

EFFECTIVE 11:59 PM DECEMBER 21, 2021 - TRAVEL TO EYYOU ISTCHEE FROM AN AREA OF RISK

2 Doses, 1 Dose or unvaccinated

10 Days Isolation

AND

Test Between Day 5 -7*

2 Doses + Booster (3rd Dose)

2-Meter Distancing

AND

Mask
(indoor and outdoor)

AND

Test Day 5*

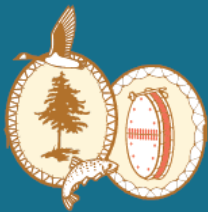
***The Tests on Day 5 or Between Day 5-7 are very important and are not optional and are critical in protecting our communities during these uncertain times.**

Please contact your local CMC to schedule a COVID-19 test.

ATTENDING A PUBLIC EVENT OR PLACE BEFORE RECEIVING A NEGATIVE TEST IS PROHIBITED

INTERCOMMUNITY TRAVEL IS NOT PERMITTED FOR ANYONE ARRIVING FROM AN AREA OF RISK

It is important to verify the status of restrictions and procedures for receiving authorization to enter a community.



Examples*:

- Fully vaccinated + booster post-secondary student, anyone returning home or a contractor from an Area of Risk such as Gatineau **WILL NOT** need to isolate.
- Non-fully vaccinated post-secondary student, anyone returning home or a contractor from an Area of Risk such as Montreal (Montreal is currently an Area of Risk) **WILL** need to isolate for 10 days.
- Fully vaccinated + booster parents returning home from an Area of Risk such as Quebec City (Quebec City is currently an Area of Risk) with children or family members that are not fully vaccinated: The parents **WILL NOT** need to self-isolate but the non-fully vaccinated children or family members **WILL** need to self-isolate for 10 days.
- Fully vaccinated + booster parents returning home from Toronto (Toronto is currently an Area of Risk) with non-fully vaccinated children at home who didn't travel with their parents: The parents who travelled and the children who did not travel **WILL NOT** need to self-isolate and may continue to attend school or daycare.

* The above are examples using current Areas of Risk. Please consult the map to verify Areas of Risk before travelling.

**All fully vaccinated + booster individuals returning from an Area of Risk must adhere to protocols as mentioned above.

TRAVEL OUTSIDE EYYOU ISTCHEE

PROOF OF VACCINATION (Vaccine Passport/Vaxicode):

Proof of vaccination/vaccine passport (Vaxicode) is required to access certain non-essential public areas (restaurants, movie theaters, etc.) in Quebec.

AIR AND RAIL TRANSPORT

Proof of full vaccination is required for air and rail travel.

To obtain your proof of vaccination please consult the site and info below:

Electronic Proof of Vaccination

<https://covid19.quebec.ca/PreuveVaccinale>

For additional information on the topic

<https://creehealth.org/news/covid-19-proof-vaccination-eeyou-istchee-updated>