

### SITUATION IN QUEBEC (OUTSIDE EEYOU ISTCHEE)

Health services in Eeyou Istchee, like everywhere in Quebec, are strained with all facilities facing staff shortages. The Omicron variant has been confirmed in Eeyou Istchee and is highly contagious. Additional measures are being taken in order to help protect our families and communities during this challenging time. **Please note that all in-person local year-end festivities have been cancelled and will be held virtually to avoid any risk of community spread.**

Because of the rapid spread of the virus in Abitibi-Temiscamingue (Region-08), it is recommended to close the region as of Friday, December 24, 2021 at 11:59PM with the exception of medical patients who will require a test on Day 5 after they return.

The healthcare workers who have decided to forego holidays and their loved ones so that healthcare services in Eeyou Istchee may continue deserve our gratitude and empathy. Please be patient when receiving services at your local clinic.

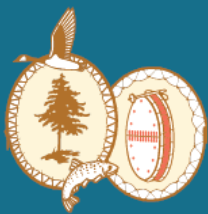
Healthcare services in Eeyou Istchee will be prioritized in the following manner:

- 1 – Emergencies
- 2 – Vaccination
- 3 – Testing for symptomatic people only
- 4 – Screening
- 5 – Regular medical care

### STATUS OF CASES

The Cree Nation currently has 23 active cases:

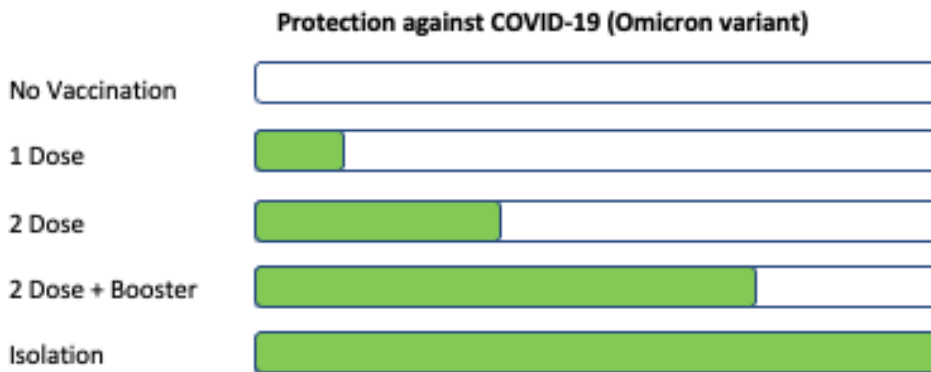
- 9 – Cases in Mistissini related to travel and in isolation (4 in Montreal)
- 6 – Cases in Ouje-Bougoumou
- 1 – Case in Waswanipi (isolating outside community)
- 3 – Cases in Nemaska
- 12 – Cases in Chisasibi



### Vaccination Campaign

Evidence has shown that full vaccination (2 doses) results in 35-40% 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 (3<sup>rd</sup>) doses are now available at your local clinic. Please call to schedule an appointment.

A minimum of 3 months is required between dose 2 and the booster (dose 3).

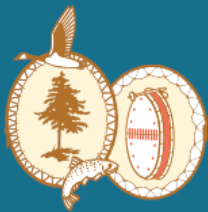


### Deconfinement in Eeyou Istchee v. Quebec in General

Eeyou Istchee	Quebec: Green
Private Home Family Gathering: <b>20 People</b>	Indoor: Max 6 people or 2 households
Local Indoor Church Gathering: <b>50% capacity</b>	
Outdoor Sheltered Gathering: <b>150 People</b>	Outdoor: 20 people or 3 households

**\*These limits are subject to the capacity of the venue and regulated by local Public Safety.**

**\*\*Community facilities will remain open upon appointment only. Please call before visiting a local facility for information on regulations.**



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

**2 Doses, 1 Dose or unvaccinated**

**10 Days Isolation**

**AND**

**Test Between Day 5 -7\***

**2 Doses + Booster (3<sup>rd</sup> Dose)**

**2-Meter Distancing**

**AND**

**Mask**  
(indoor and outdoor)

**AND**

**Test Day 5\***

## **PROTOCOLS WHEN RETURNING FROM AN AREA OF RISK**

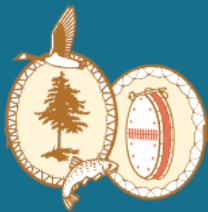
**\*The Tests on Day 5 or Between Day 5-7 are very important and are not optional and are critical in protecting our communities during these uncertain times.**

***Please contact your local CMC to schedule a COVID-19 test (PCR or Rapid test to be determined).***

***ATTENDING A PUBLIC PLACE BEFORE RECEIVING A NEGATIVE TEST AFTER RETURNING FROM AN AREA OF RISK IS PROHIBITED***

***INTER-COMMUNITY TRAVEL IS NOT PERMITTED FOR ANYONE ARRIVING FROM AN AREA OF RISK***

***It is important to verify the status of restrictions and procedures from Local PSOs 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>

