

SITUATION IN QUEBEC (OUTSIDE EEYOU ISTCHEE)

Omicron is spreading at an alarming rate across Canada. Health care staff in Eeyou Istchee are under enormous stress due to staff shortages and an increase in cases in the communities. While the Omicron variant is driving this current surge of cases, the Delta variant is still circulating in Quebec, with a higher risk of illness and hospitalization.

Medical staff and public safety staff are working very hard under very challenging conditions, they deserve our patience and respect.

If you think you have come into contact with someone who has COVID-19 you must assume you have COVID-19.

- Self-isolate right away for 10 days.
- If you have symptoms, call your CMC to plan a test.
- If you don't have symptoms, wait 3-5 days before calling for a test.
- **If you are isolating and received a negative result on your first test, you must finish the 10-day isolation period.**

We still have members of our community who are vulnerable and a health care system that is very fragile, everyone is requested to do everything they can to help:

- Respect isolation protocols
- Respect social distancing and sanitary advisories
- Do not take unnecessary risks in travel or gatherings
- Get vaccinated (Including Booster) when available

STATUS OF CASES IN EEYOU ISTCHEE

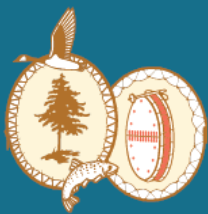
PCR positive test results from Public Health as of December 27, 2021*

Mistissini - 14
Ouje-Bougoumou - 23
Waswanipi - 3
Nemaska - 4
Waskaganish - 8
Eastmain - 0
Wemindji - 11
Chisasibi - 32
Whapmagoostui – 3

TOTAL – 98

Regional contacts to be investigated : 604

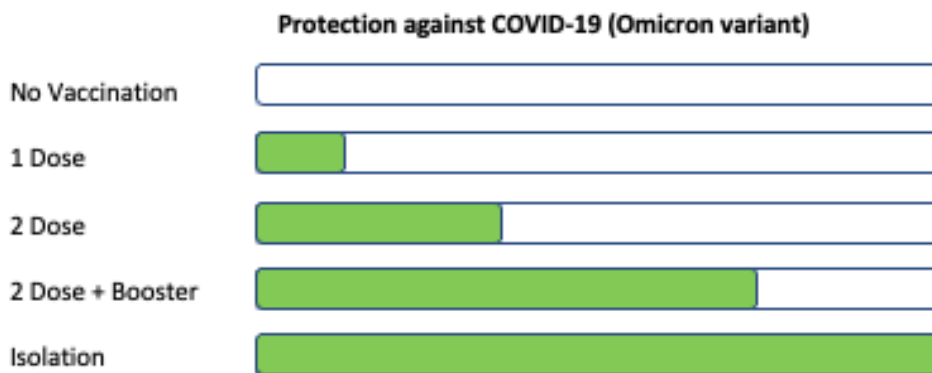
**PCR positive test results total does not include Rapid or IDNow test results*



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 (3rd) 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).

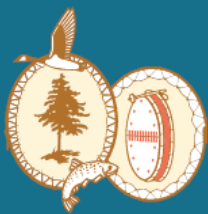


Phase 2 Deconfinement in Eeyou Istchee

Phase 2
Indoor: Two Family Bubble (Members of Bubble Are Not Interchangeable)
Outdoor: Two Family Bubble
Education: Adapted protocols (mix of online and in person)
Travel: <ul style="list-style-type: none"> • Inter community travel not recommended • Essential travel outside Eeyou Istchee only
Work: <ul style="list-style-type: none"> • Adapted shifts and schedules • offices by appointment only

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-Day Isolation (See Protocol 1 & 2)

10 Days Isolation

AND

Test Between Day 5 -7*

2 Doses + 3rd Booster Dose - 5-Day Isolation (See Protocol 1 & 2)

2-Meter Distancing

AND

Mask
(indoor and outdoor)

AND

Test Day 5*

PROTOCOLS WHEN RETURNING FROM AN AREA OF RISK

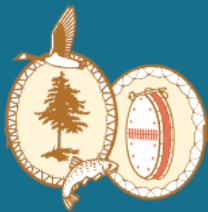
Protocol 1: **The Tests on Day 5 or Between Day 5-7 are very important and are not optional and are critical in protecting our communities during these uncertain times.*

Protocol 2: *ATTENDING A PUBLIC PLACE BEFORE RECEIVING A NEGATIVE TEST AFTER RETURNING FROM AN AREA OF RISK IS PROHIBITED*

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

Protocol 3: *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*:

- 3 Dose post-secondary student, anyone returning home or a contractor from an Area of Risk such as Gatineau **WILL** need to isolate for 5 days and after receiving a negative COVID-19 Test (PCR or Other form of Test).
 - 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.
 - 3 Dose 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** need to self-isolate for 5 days but the non-fully vaccinated children or family members **WILL** need to self-isolate for 10 days.
 - 3 Dose 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 **WILL** have to isolate for 5 days and maintain their distance and wear masks around the children who did not travel, 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>

