

CREE NATION COVID-19 Bulletin

December 30, 2021

STATUS OF CASES IN EYYOU ISTCHEE – as of December 30, 2021

There will be a special livestream and JBCCS broadcast to discuss the current situation December 31st, 2021 at 1:00PM

Chisasibi - 41
Eastmain - 0
Mistissini - 34
Nemaska - 19

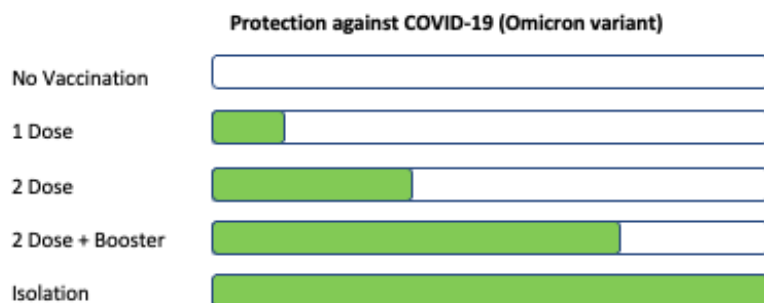
Ouje-Bougoumou - 52
Waskaganish - 10
Waswanipi - 69
Wemindji - 13
Whapmagoostui – 6

TOTAL – 244

**PCR positive test results total from Public Health does not include local Rapid or IDNow test results*

Vaccination Campaign

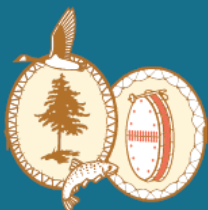
Vaccination is a very important tool in protecting the community and the healthcare system. Please call your local Clinic to schedule an appointment for first, second or third dose. A minimum of 3 months is required between dose 2 and the booster (dose 3).



Phase 1 Deconfinement in Eeyou Istchee As of December 30th, 2021 at 11:59PM

Phase 1
Indoor: No Indoor Gatherings
Outdoor: No Outdoor Gatherings
Curfew – Established by Local Council
Education: Adapted protocols (mix of online and in person)
Travel: <ul style="list-style-type: none">• Inter community travel prohibited• Essential travel only
Work: <ul style="list-style-type: none">• Essential Services Only (Childcare services to be provided for Essential Service workers)

<https://www.creehealth.org/news/four-phases-pandemic-plan-explained>



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EDUCATION

School will start January 10th, 2022 (Online Instruction)

- School and Adult Education and Vocational

January 21st there will be an assessment on the possibility of in class instruction

TRAVEL FROM AN AREA OF RISK

Effective December 30th, 2021 at 11:59 PM the Cree Communities of Eeyou Istchee are considered Areas of Risk (See Map).

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, indoor or outdoor it is important to remain 2 meters and masked from those that are not in isolation.**

***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>

COVID-19 Areas of Risk

For Non-Fully Vaccinated Individuals

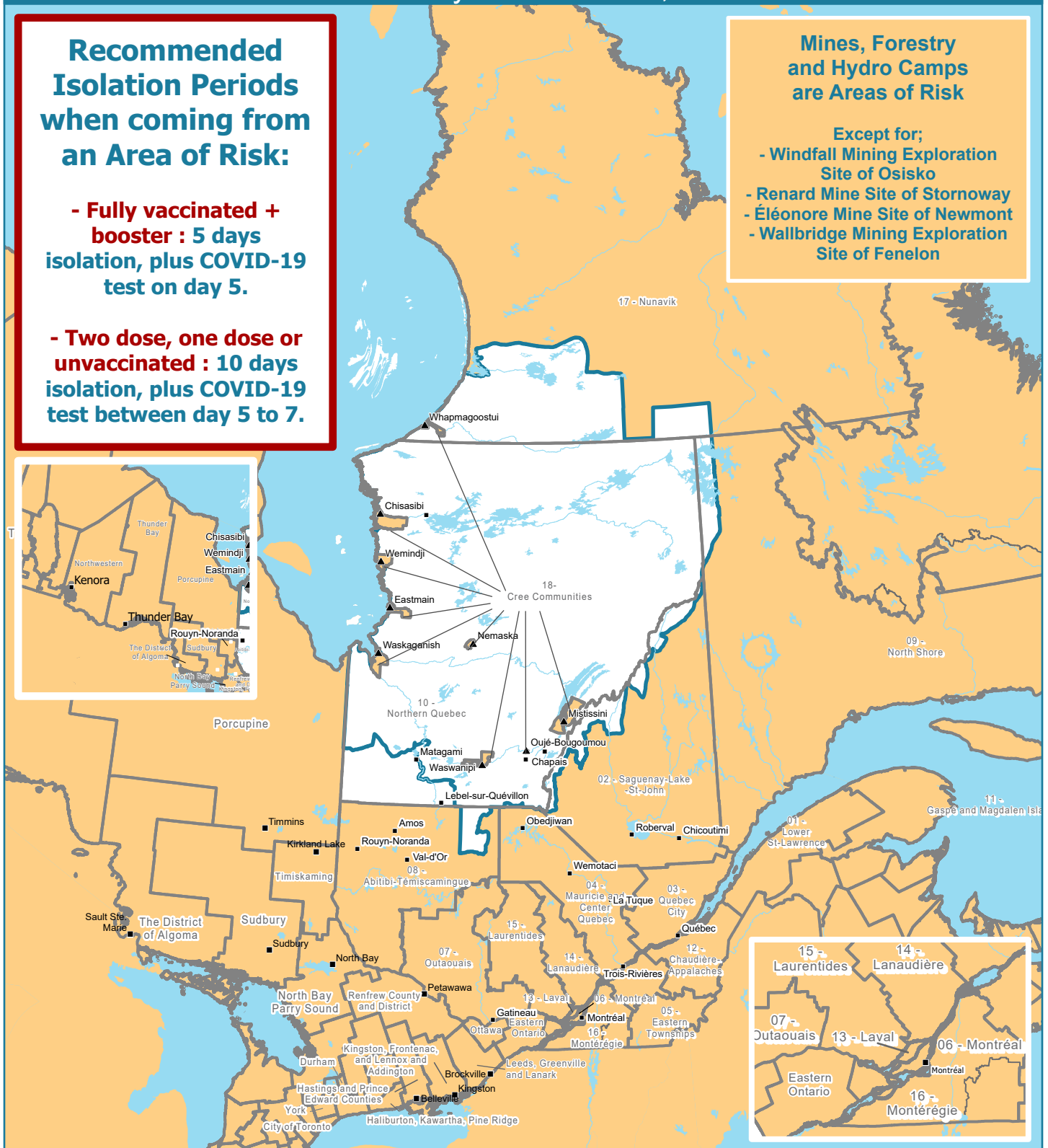
Effective as of Thursday December 30, 2021 at 11:59PM

Recommended Isolation Periods when coming from an Area of Risk:

- **Fully vaccinated + booster** : 5 days isolation, plus COVID-19 test on day 5.
- **Two dose, one dose or unvaccinated** : 10 days isolation, plus COVID-19 test between day 5 to 7.

Mines, Forestry and Hydro Camps are Areas of Risk

- Except for;
- Windfall Mining Exploration Site of Osisko
 - Renard Mine Site of Stornoway
 - Éléonore Mine Site of Newmont
 - Wallbridge Mining Exploration Site of Fenelon



- ▲ Cree Community
- Town

- Eeyou Istchee
- Health Region
- Areas of Risk

Projection: UTM Zone 18 NAD 83
Sources: CNG, Eeyou Istchee (2015), MERN BGDA 5M (2017), Statcan Health Region (2011)

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Date: 12/23/2021



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Cree Nation Government
Gouvernement de la Nation Crie

0 30 60 120 180 240
Kilometers