

CREE NATION COVID-19 Bulletin

January 4, 2022

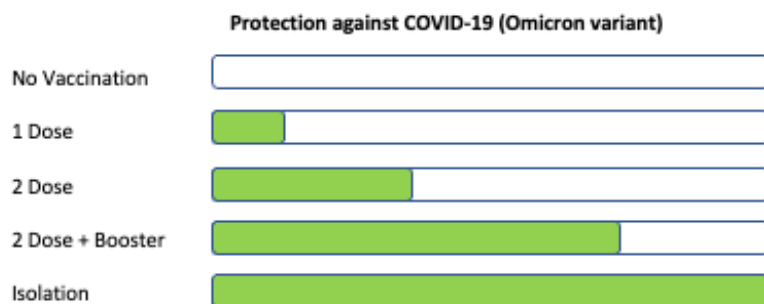
STATUS OF CASES IN EYYOU ISTCHEE – as of January 3, 2022 3:00PM

PCR Test Results and Local Rapid Tests from Public Health

Community	Total Cases	Active	Recovered	Community	Total Cases	Active	Recovered
Chisasibi	50	31	19	Waskaganish	108	105	3
Eastmain	41	41	0	Waswanipi	140	138	2
Mistissini	84	79	5	Wemindji	47	41	6
Nemaska	40	31	9	Whapmagoostui	8	8	0
Ouje-Bougoumou	75	63	12	TOTAL	593	537	56

Vaccination Campaign

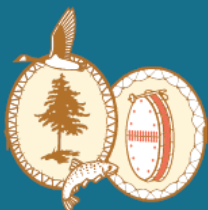
Vaccination is a very important tool in protecting the community and the healthcare system. Please call your local Clinic to schedule an appointment for first, second or third dose. A minimum of 3 months is required between dose 2 and the booster (dose 3).



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 <p><i>(Childcare services to be provided for Essential Service workers)</i></p>

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



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EDUCATION

Schools and Adult General education will be **online from January 12 to 26, 2022**. All vocational training programs in the communities will start in-person, health and safety measures permitting, on Wednesday, January 26th, 2022. The SRVTC facility is closed until January 26th, 2022.

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, 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>

COVID-19 Areas of Risk

For Non-Fully Vaccinated Individuals

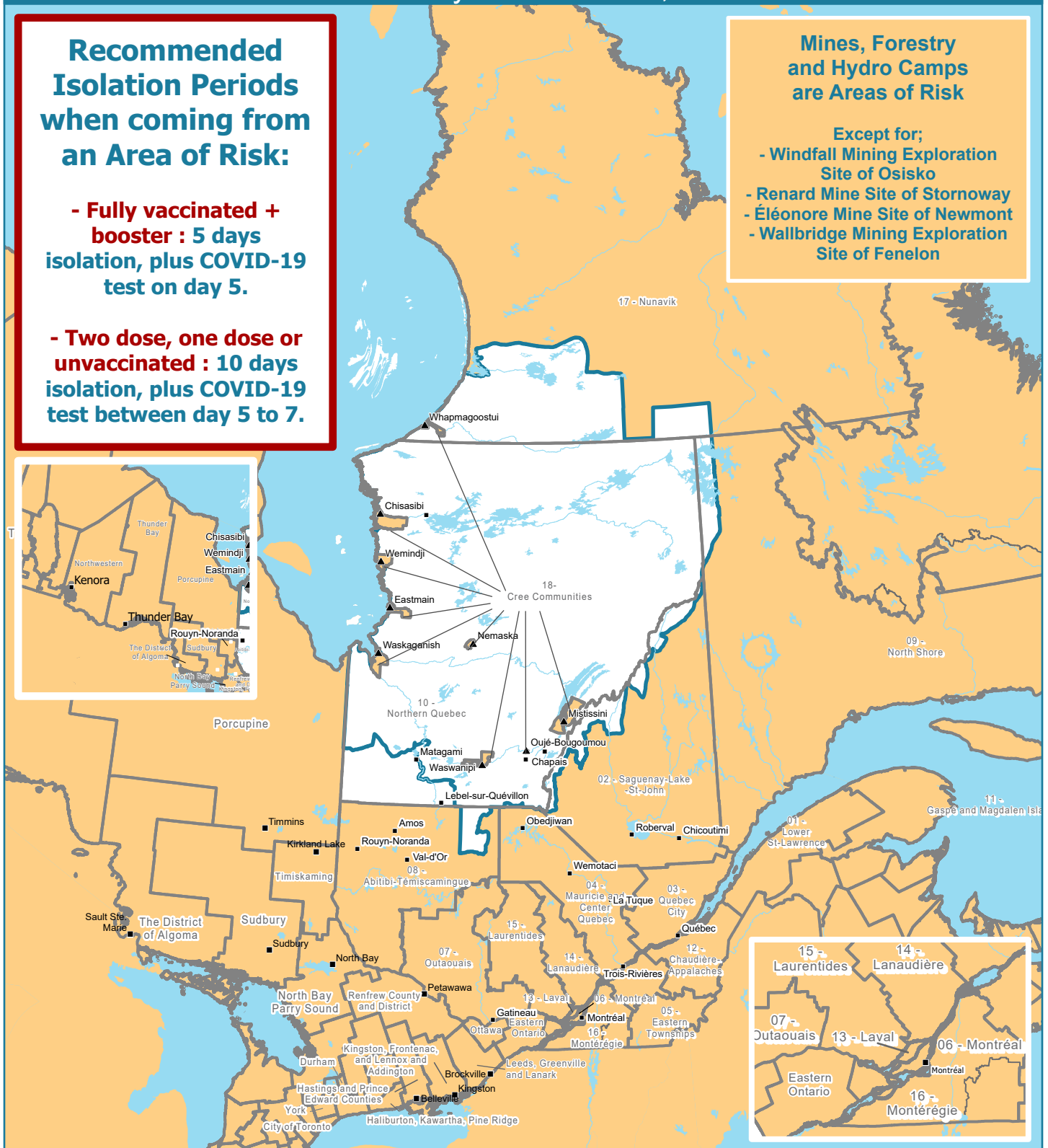
Effective as of Thursday December 30, 2021 at 11:59PM

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)

Document Name: EI_Covid19_AreasRisk_8x10
Date: 12/23/2021



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Cree Nation Government
Gouvernement de la Nation Crie

0 30 60 120 180 240
Kilometers