

MESSAGE FROM LEADERSHIP

Isolation protocols have worked in Eeyou Istchee for months now at keeping Eeyou Istchee as one of the jurisdictions with the fewest cases of COVID-19 in Quebec.

There are currently two types of Isolation Protocols both having legal and enforceable status:

- **MSIL:** Mandatory Self-Isolation Laws under local jurisdictions (Currently 5 days for those with 3 doses of vaccine + test on Day 5 and 10 days for those with less than three doses + test on Day 5 to 7)
- **Medical:** Medical Self-Isolation under the Authority of the Public Health Authority for our Region (Currently 10 days regardless of vaccination)

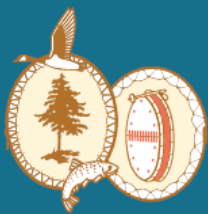
The people of Eeyou Istchee need to be congratulated and thanked for the very high-level of compliance that we have with both isolation protocols. For the few that do not comply there is a risk of serious consequences for breaching protocols:

- **MSIL:** A person arriving from an Area of Risk will have their name placed on a public registry. Breach of the protocol begins with the incident being brought to the attention of the local Public Safety Officer who works with the EEPF administering notices of breach and a fine.
- **Medical:** Names of people under this protocol cannot have their name on a public registry because it is private information related to their medical status. Breaches of this protocol begins with the incident being brought to the attention of the Public Safety Officer who works with a Public Health representative and coordinates the intervention of the EEPF for the imposing of a fine.

STATUS OF CASES IN EEYOU ISTCHEE – as of January 10, 2022 3:00PM

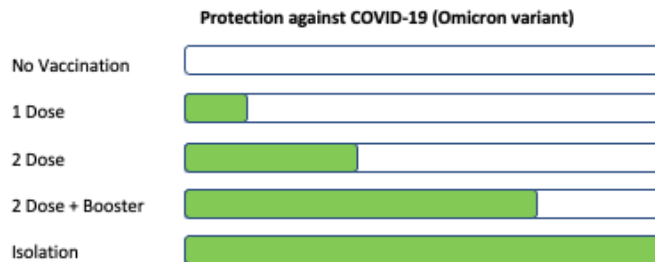
PCR Test Results and Local Rapid Tests from Public Health

Community	Total Cases	Active	Recovered	Community	Total Cases	Active	Recovered
Chisasibi	90	50	40	Waskaganish	157	86	71
Eastmain	66	59	7	Waswanipi	182	110	72
Mistissini	152	110	42	Wemindji	62	28	34
Nemaska	62	28	34	Whapmagoostui	10	3	7
Ouje-Bougoumou	106	47	59	TOTAL (in territory)	887	521	366



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).



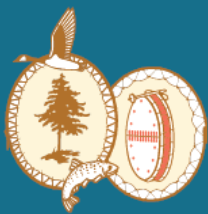
Phase 1 Deconfinement in Eeyou Istchee As of December 30th, 2021 at 11:59PM

Phase 1
https://www.creehealth.org/news/four-phases-pandemic-plan-explained
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)

EDUCATION

Schools and Adult General education will be starting online on January 12 to January 26, 2022. Please continue to check for any updates from your local school. All vocational training programs in the communities will start in-person, health and safety measures permitting, on Wednesday, January 26, 2022. The SRVTC facility is closed until January 26th, 2022

Post-Secondary Student Services offices are closed. PSSS employees are teleworking and can be reached by email and telephone. They can be contacted through the PSSS Montreal Office number **1-800-463-7402** and PSSS Gatineau office number **1-800-567-9667**. PSSS continues to monitor the situation of its students. All CSB Offices are closed. Teleworking for most employees is mandatory, except for essential workers required on site.



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>
- Understanding why Public Health must keep medical results confidential : <https://vimeo.com/663171046>

