

### MESSAGE FROM LEADERSHIP

Eeyou Istchee is clearly recovering from the most severe wave of COVID-19 to hit the territory, province and country. The leadership of Eeyou Istchee would like to thank the people of Eeyou Istchee for their sacrifice, dedication and resilience which is allowing us to see the end of this current wave and return to a more normal way of life.

There are currently two types of Isolation Protocols in Eeyou Istchee:

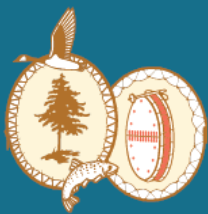
- **MSIL:** Mandatory Self-Isolation Laws under local jurisdictions (Currently 5 days for those with 3 doses of vaccine + test on Day 5 and 10 days for those with less than three doses + test on Day 5 to 7)
- **Medical:** Medical Self-Isolation under the Authority of the Public Health Director for our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

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 who 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. Breaches of this protocol can result in a fine of up to \$1,000 for first offence, up to \$2,000 for second offence and up to \$5,000 for a third offence.
- **Medical:** People under this protocol cannot have their name on a public registry because it is considered private medical information. Breaches of this protocol can result in a fine of \$1,000 to \$6,000 dollars under the Public Health Act.

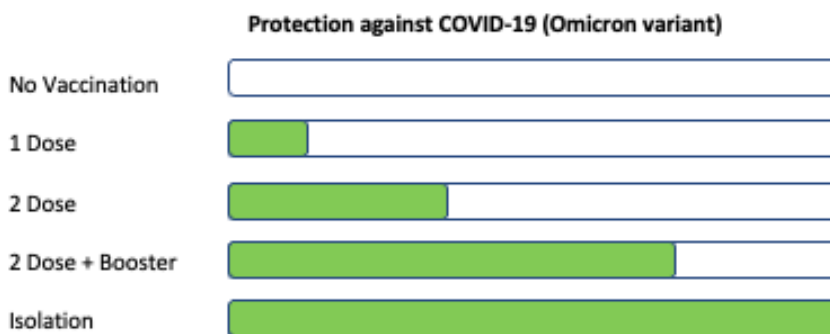
### STATUS OF CASES IN EYYOU ISTCHEE – as of January 26, 2022 3:00PM PCR Test Results and Local Rapid Tests as confirmed by Public Health

Community	Total Cases	Active	Recovered	Community	Total Cases	Active	Recovered
Chisasibi	201	78	123	Waskaganish	205	24	181
Eastmain	78	6	72	Waswanipi	228	26	202
Mistissini	551	246	305	Wemindji	81	11	70
Nemaska	67	3	64	Whapmagoostui	17	7	10
Ouje-Bougoumou	156	30	126	<b>TOTAL (in territory)</b>	<b>1584</b>	<b>431</b>	<b>1153</b>



### 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).

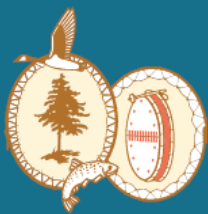


### Deconfinement in Eeyou Istchee

As conditions improve the Cree Nation will be moving forward cautiously to deconfine. The plan is to maintain travel restrictions outside so that communities can deconfine internally.

Some communities will be moving to an adapted Phase 2 from Phase 1 depending on the status of COVID-19 cases.

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



### PHASE 1:

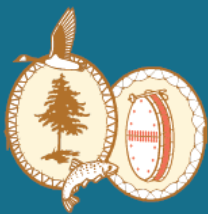
- Chisasibi
- Mistissini
- Waskaganish

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"> <li>• Inter community travel prohibited</li> <li>• Essential travel only</li> </ul>
Work: <ul style="list-style-type: none"> <li>• Essential Services Only <i>(Childcare services to be provided for Essential Service workers)</i></li> </ul>

### ADAPTED PHASE 2:

- Eastmain
- Nemaska
- Wemindji
- Whapmagoostui
- Waswanipi – *Effective January 31<sup>st</sup>, 2022*
- Ouje-Bougoumou – *Effective January 31<sup>st</sup>, 2022*

Phase 2
Indoor: Maximum 2 households
Outdoor: Maximum 2 households
Curfew – Established by Local Council
Education: Adapted protocols (mix of online and in person)
Travel: <ul style="list-style-type: none"> <li>• Inter community travel prohibited</li> <li>• Essential travel only</li> </ul>
Work: <ul style="list-style-type: none"> <li>• Essential Services Only <i>(Childcare services to be provided for Essential Service workers)</i></li> </ul>



### EDUCATION

Youth Sector is moving to a hybrid learning model. Elementary and Secondary Schools will rotate online and in-person instruction. This will reduce the number of students in the facilities. Online learning will continue for Chisasibi, Waskaganish and Mistissini.

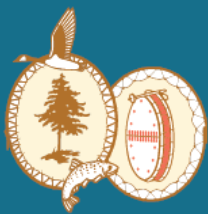
#### YOUTH SECTOR SCHOOLS START DATES

February 1, 2022	February 7, 2022
Whapmagoostui Wemindji Eastmain Nemaska Oujé-Bougoumou Waswanipi	Chisasibi Waskaganish
<b>FOR MISTISSINI</b> To be determined with Public Health recommendation	

#### SABTUAN ADULT EDUCATION SERVICES START DATES

The following are the updated dates for in-person classes – general education & vocational training.

February 1, 2022	February 7, 2022
Whapmagoostui Wemindji Eastmain Nemaska Oujé-Bougoumou	Chisasibi Waskaganish
<b>FOR MISTISSINI &amp; WASWANIFI SRVTC</b> General education to continue online. Vocational training start dates to be determined. For more information e-mail at <a href="mailto:sabtuadulted@cscree.qc.ca">sabtuadulted@cscree.qc.ca</a>	



### TRAVEL FROM AN AREA OF RISK

Effective December 30<sup>th</sup>, 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 COVID-19 Test Between Day 5-7
1 Dose	
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>
- Tips on how to end your medical Isolation: <https://creehealth.org/health-tips/ending-medical-isolation-after-covid-19-infection>