

MESSAGE FROM LEADERSHIP

Things continue to improve in Eeyou Istchee allowing communities to begin considering lowering restrictions and permitting greater deconfinement.

The opening of schools is very important for the health of children, and thankfully, is beginning this week in many communities of Eeyou Istchee. The beginning of in-class instruction will represent the potential mixing of multiple family units as students begin to interact. The schools have been working very closely with Public Health to manage the risk that this represents. The successful opening of schools without a significant increase in cases will be a very important indication on how quickly we can safely move to greater deconfinement in Eeyou Istchee.

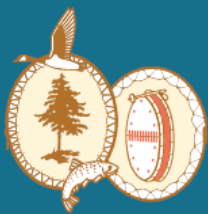
The Cree Board of Health is also working hard in mobilizing resources to significantly improve testing of all kinds in our communities to give local teams greater power in tracking and managing COVID-19.

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.



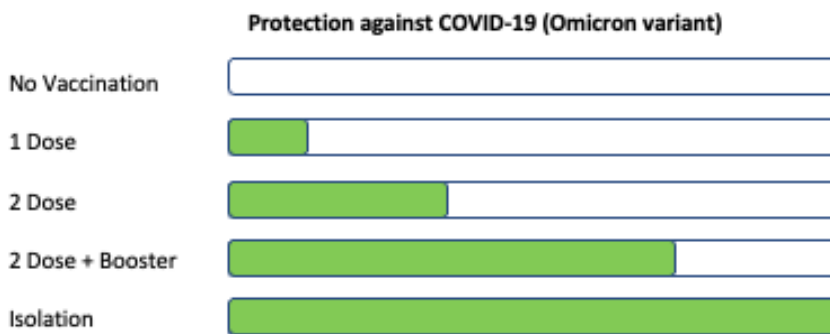
STATUS OF CASES IN EYYOU ISTCHEE – as of January 31, 2022 3:00PM PCR Test Results and Local Rapid Tests as confirmed by Public Health

Community	Total Cases	Active	Recovered	Community	Total Cases	Active	Recovered
Chisasibi	218	39	179	Waskaganish	234	38	196
Eastmain	78	1	77	Waswanipi	240	13	227
Mistissini	614	81	533	Wemindji	81	1	80
Nemaska	68	1	67	Whapmagoostui	16	2	14
Ouje-Bougoumou	161	20	141	TOTAL (in territory)	1710	196	1514

People infected with COVID-19 during the outbreak are presumed to have caught Omicron, and likely have short-term protective immunity against the variant that lasts about 3 months. This immunity does not extend to other virus variants that may be in circulation. People should continue all precautionary measures after recovery (including wearing a mask when needed, handwashing, distancing). Public Health recommends vaccination 8 weeks after a confirmed Covid-19 infection.

Vaccination Campaign

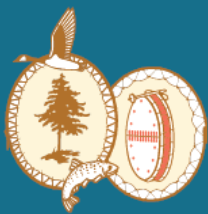
Vaccination is a very important tool in protecting the community and the healthcare system. Please call your local Clinic to schedule an appointment for first, second or third dose. A minimum of 3 months is required between dose 2 and the booster (dose 3).



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.



PHASE 1:

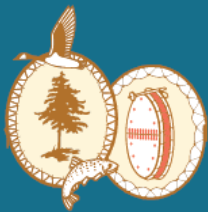
- Chisasibi
- Mistissini

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

ADAPTED PHASE 2:

- | | |
|---------------|------------------|
| • Chisasibi | • Wemindji |
| • Eastmain | • Whapmagoostui |
| • Waskaganish | • Waswanipi |
| • Nemaska | • Ouje-Bougoumou |

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



EDUCATION

We are wishing students a happy and safe return to schools. All staff and students must complete the Daily Health Check before arriving at school each day. Youth Sector students will rotate between online and in-person instruction. This is to reduce the number of students in the schools. Online learning will continue for Chisasibi, Waskaganish and Mistissini.

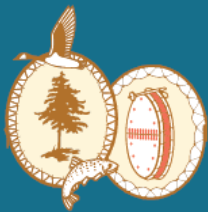
YOUTH SECTOR SCHOOLS START DATES

February 1, 2022	February 7, 2022
Whapmagoostui Wemindji Eastmain Nemaska Oujé-Bougoumou Waswanipi	Waskaganish Chisasibi <ul style="list-style-type: none"> • JBES high school will start on Tuesday, February 8, 2022.
FOR MISTISSINI To be determined with Public Health recommendation	

SABTUAN ADULT EDUCATION SERVICES REVISED START DATES

The following are the revised dates for in-person classes – general education and vocational training (VT).

February 1, 2022	February 7, 2022
Whapmagoostui (VT only) Wemindji Nemaska Oujé-Bougoumou	Chisasibi Waskaganish
FOR MISTISSINI & WASWANAPI SRVTC General education to continue online. Vocational training start dates to be determined. For more information e-mail at sabtuanadulted@cscree.qc.ca	



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 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>