

MESSAGE FROM LEADERSHIP

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

The leadership will be announcing in the coming weeks measures to ensure that residents of the Cree Nation have the freedom to travel and go about their lives as quickly as possible while minimizing the risk to the vulnerable members of our community or over burdening our health care system:

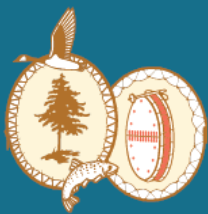
- Increased and accessible testing facilities in the communities;
- Local practices and protocols which can avoid the need for mandatory self-isolations;

If ever you experience symptoms associated with COVID-19, please think of your fellow community members and refrain from going into public places, keep your distance from others and access local testing facilities.

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.



CREE NATION COVID-19 Bulletin

February 15, 2022

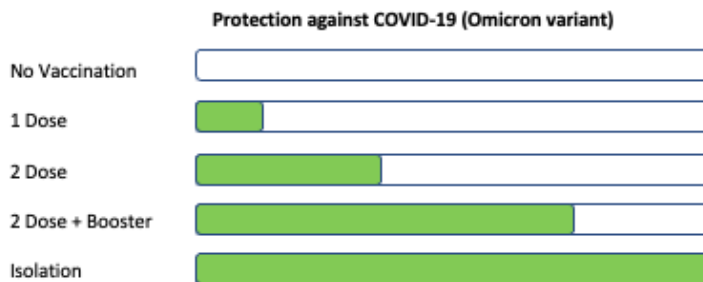
STATUS OF CASES IN EYOU ISTCHEE – as of February 14, 2022 3:00PM PCR Test Results and Local Rapid Tests as confirmed by Public Health

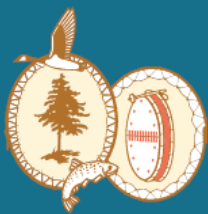
Community	Total Cases	Active	Recovered	Community	Total Cases	Active	Recovered
Chisasibi	309	41	268	Waskaganish	269	17	252
Eastmain	83	4	79	Waswanipi	255	4	251
Mistissini	725	68	657	Wemindji	83	1	82
Nemaska	69	0	69	Whapmagoostui	17	1	16
Ouje-Bougoumou	197	16	181	TOTAL (in territory)	2007	152	1855

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

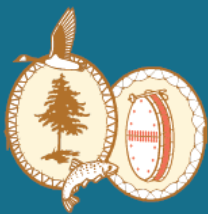
As conditions improve the Cree Nation will be moving forward cautiously to deconfine.

Phase 3
Indoor: Maximum 3 households
Outdoor: Maximum 3 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 is at the discretion of local Public Security
Work: <ul style="list-style-type: none"> • Childcare services to be provided for all workers requiring service

- **Mistissini (As of FEB. 21 only)**
- Chisasibi
- Waskaganish

Phase 3 +
Indoor: Maximum 3 households
Outdoor: Maximum 3 households
Gatherings: Maximum 25 people indoor; Maximum 75 people outdoor
Education: Adapted protocols (mix of online and in person)
Travel: <ul style="list-style-type: none"> • No restrictions on travel except to areas of risk
Work: <ul style="list-style-type: none"> • Childcare services to be provided for all workers requiring service

- Whapmagoostui
- Wemindji
- Eastmain
- Nemaska
- Ouje-Bougoumou
- Waswanipi



EDUCATION

Cree School Board continues to collaborate with Public Health recommendations to ensure the safety of our students and staff.

Youth Sector learning instruction (online, hybrid and in-person learning) for each school depends on the current status of COVID-19 situation in the community.

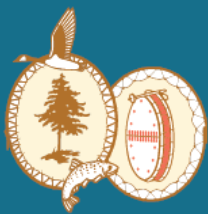
The following are the type of instruction in the communities and the start dates:

In-person Learning		Hybrid Learning	
Whapmagoostui	Feb. 14	Oujé-Bougoumou	Feb. 14
Wemindji	Feb. 14	Chisasibi Elementary	Feb. 14
Eastmain	Feb. 14	Chisasibi Secondary	Feb. 8
Nemaska	Feb. 14	Waskaganish	Feb. 14
Waswanipi	Feb. 14	Mistissini	Feb. 21

Sabtuwan Adult Ed. Services resuming in-person for the following courses

- General education, Secretarial Studies, and Carpentry in Mistissini as of February 21, 2022.
- Institutional Home Care Assistance at the SRVTC Waswanipi as of February 28, 2022.
- Construction Business Management to remain online. Staff and students will be contacted directly in case of any changes.

Post-Secondary Student Services funding assistance application deadline is **March 1st, 2022** for programs starting in the fall.



TRAVEL FROM AN AREA OF RISK

Effective February 8th, 2022, the Cree communities of Eeyou Istchee are no longer considered Areas of Risk (See Map). Each community may still have restrictions for access.

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>

