

MESSAGE FROM LEADERSHIP

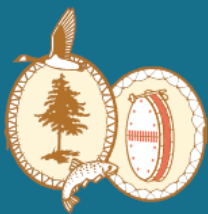
Things continue to improve in Eeyou Istchee allowing communities to consider lowering more restrictions and permitting greater deconfinement. The high vaccination rate and increased capacity to provide tests are allowing for the review process of a Deconfinement Plan for Eeyou Istchee that will replace the Mandatory Self-Isolation Law.

The new measures will allow for greater movement with less restrictions, including isolation, that will gradually be reduced to testing only upon return from an Area of Risk starting March 1, 2022, that may include;

- Allowing an individual to go outdoors but not to enter public places;
- May go to work with mask and protective gear according to working conditions at all times when around others (i.e. clinic, construction site, office, etc.);
- Going to school and daycare will be subject to the applicable protocols;
- Refrain from visiting in the homes of others until you have completed all measures required by the Deconfinement Plan.

Caution and vigilance continue to be critical to avoid any potential outbreak of COVID-19 that would create a need to temporarily bring back restrictions until the outbreak is under control. Testing upon return from Areas of Risk will be extremely important to help keep our communities safe and protect our local healthcare capacity so they may continue providing services.

Please note that details on the Deconfinement Plan will be provided in the coming week. The people of Eeyou Istchee need to be congratulated and thanked for the very high-level of collaboration that is allowing for these new measures that will help relieve pressure on the mental health of our members as we gradually move towards a more normal community life.



CREE NATION COVID-19 Bulletin

February 22, 2022

STATUS OF CASES IN EYYOU ISTCHEE – as of February 21, 2022 3:00PM PCR Test Results and Local Rapid Tests as confirmed by Public Health

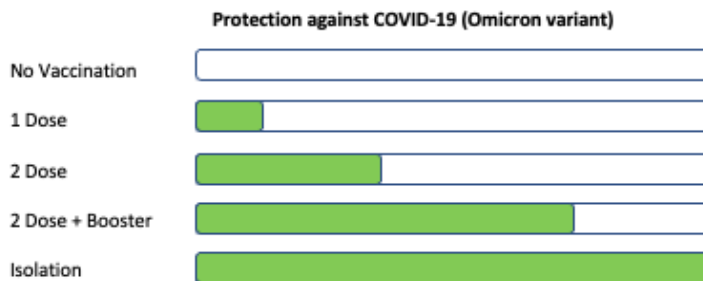
Community	Total Cases	Active	Recovered	Community	Total Cases	Active	Recovered
Chisasibi	333	34	299	Waskaganish	294	23	271
Eastmain	83	0	82	Waswanipi	268	13	254
Mistissini	745	35	709	Wemindji	83	1	82
Nemaska	69	0	69	Whapmagoostui	17	0	17
Ouje-Bougoumou	197	1	195	TOTAL (in territory)	2089	107	1978

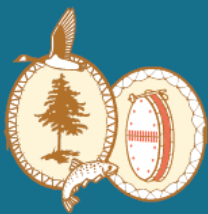
People infected with COVID-19 during the outbreak are presumed to have caught Omicron, and likely have short-term protective immunity against the variant that lasts about 3 months. This immunity does not extend to other virus variants that may be in circulation. People should continue all precautionary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

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 contact your local testing facilities.

Vaccination

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

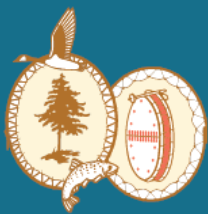
As conditions improve the Cree Nation will be moving forward cautiously to deconfine.

Phase 4
Indoor: No restrictions on number of households
Outdoor: No restrictions on number of households
Gatherings : Maximum 50 people indoor; Maximum 150 people outdoor
Education: Adapted protocols until February 25; In-person as of February 28.
Travel:
<ul style="list-style-type: none"> No restrictions on travel except to areas of risk as per protocols
Work:
<ul style="list-style-type: none"> Childcare services to be provided for all workers requiring service

- Eastmain
- Nemaska
- Wemindji
- Whapmagoostui

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 as per protocols
Work:
Childcare services to be provided for all workers requiring service

- Chisasibi
- Mistissini
- Ouje-Bougoumou
- Waskaganish
- Waswanipi



EDUCATION

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

Every week the Department of School Operations consults to determine the type of learning instruction (online, hybrid or in-person) for each school with Public Health and local schools based on the COVID-19 status in the community.

The following are the type of instruction recommended for each community on the week of **February 21 to 25, 2022**:

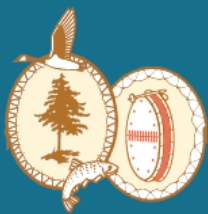
In-person learning	Hybrid learning
<ul style="list-style-type: none"> • Whapmagoostui • Wemindji • Eastmain • Nemaska • Waswanipi 	<ul style="list-style-type: none"> • Oujé-Bougoumou • Waskaganish • Mistissini will <u>start</u> hybrid learning on Wednesday, February 23 • Chisasibi will <u>move to</u> in-person learning on Friday, February 25

Post-Secondary Student Services

PSSS staff will return to the offices on Monday, February 28, 2022. PSSS offices are preparing protocols to re-open the offices for the students. The PSSS funding assistance application deadline is **March 1st, 2022** for programs starting in the Fall.

Sabtuan Adult Education Services

All vocational programs have resumed in-person learning. General education continues following its blended learning format. SEAS reduced its group sizes and have not added new students to conform with the health and safety measures. Students and staff will be contacted directly in case of any changes. The vocational programs at the SRVTC are currently delayed due to the ongoing contact tracing and testing in the community.



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
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>
- Tips on how to end your medical Isolation: <https://creehealth.org/health-tips/ending-medical-isolation-after-covid-19-infection>

