

### MESSAGE FROM LEADERSHIP

Since March 2020, we have been united in the fight against COVID-19. We have faced many challenges but have done our best to keep one another safe. High vaccination rates are a testament to this fight. As well as our community members who have sacrificed a lot, we also have the many frontline and healthcare workers to thank for their commitment and dedication to keeping Eeyou Istchee safe.

As the world begins to deconfine, remove certain restrictions, and return to a more normal life, Eeyou Istchee is also preparing to deconfine, cautiously, with the health of our population and the conservation of our healthcare networks' capacity as priorities.

We will be collectively transitioning from an *isolation* protocol to a *testing* and reduced activity protocol that will greatly relieve pressure for everyone in Eeyou Istchee through the ***Law Respecting Measures to Manage the Spread of COVID-19 through Mandatory Testing***.

Please consult your local bulletins regularly for important updates specific to your community as we begin **Step 1 of the Deconfinement Management Plan**.

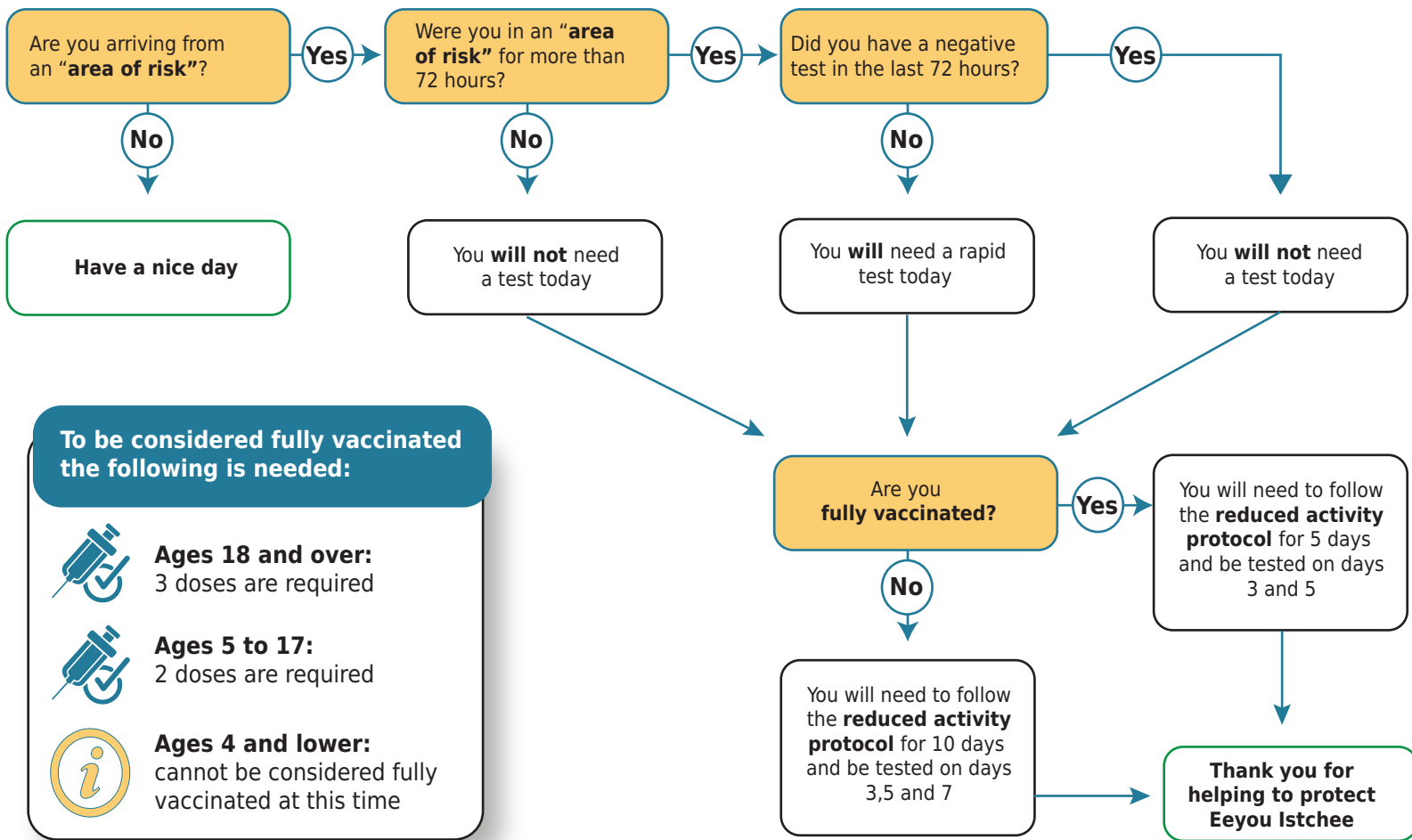
Your responsible active participation in respecting the **Deconfinement Steps** will be very important to ensure that we can move forward together and safely.

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. Getting vaccinated, washing your hands frequently, keeping surfaces clean, and wearing a mask when distancing is not possible continue to be good measures to keep COVID-19 at a minimum.

If 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**.

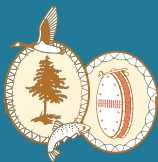
# Deconfinement Management Plan For Eeyou Istchee

**DECONFINEMENT STEP 1**  
February 25 to March 10, 2022



## STEP 1

### Reduced Activity Protocol



Individual may go outdoors but **not to enter indoor public places;**

Individuals **with the authorization of the employer 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 will be subject to the applicable Cree School Board protocols

Refrain from visiting in the homes of others

Do not attend indoor public or private gatherings





### Deconfinement in Eeyou Istchee

#### 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 (mix of online and in person)

Travel:

- No restrictions on travel except to areas of risk as per protocols

Work:

- 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:

- 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