

MESSAGE FROM LEADERSHIP

Many families are now in preparation for Goose Break. It will be important to remain vigilant as we gather at camps and blinds over the next few weeks. Rapid testing kits are being distributed in each community for you to bring to camp. Check with your PSO for distribution details in your community. Please use the tests if you feel any symptoms that are related to COVID-19.

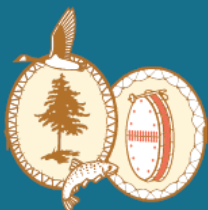
Although Avian flu has been reported in geese in Quebec and Ontario, the risk of people catching Avian flu from a bird is very low. It is safe to go hunting during Goose Break this spring with recommendations for hunters and their families outlined by Cree Public Health here : <https://www.creehealth.org/health-tips/what-avian-flu>

Vaccination remains important as one of the tools to protect yourself and your family from severe symptoms of COVID-19. Vaccinations (first, second, and third dose) continue to be available at your local CMC by scheduling an appointment. The fourth dose is available and recommended for anyone 18+ with chronic diseases or for those who wish to obtain it.

If you are leaving the region, continue with safety protocols of; washing your hands frequently, maintaining distance with others, avoiding crowds and wearing a N-95 or other high quality masks whenever possible. If you do plan on attending a gathering, a rapid test before heading to the event will help determine if you should attend or not. The virus is still circulating as we are now in the 6th wave of the pandemic.

If you tested positive and recovered you must still respect conditions set in place by your community. Please consult your local bulletins as we transition between different Steps and Phases of Deconfinement in Eeyou Istchee. **We are now in Phase 4 of the Deconfinement Plan.**

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.**



CREE NATION COVID-19 Bulletin

April 21, 2022

STATUS OF CASES IN EYYOU ISTCHEE – as of April 20, 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	1321	108	1213	Waskaganish	995	27	967
Eastmain	356	35	320	Waswanipi	622	53	568
Mistissini	1338	87	1249	Wemindji	342	34	308
Nemaska	199	26	173	Whapmagoostui	325	137	188
Ouje-Bougoumou	336	29	305	TOTAL (in territory)	5834	536	5291

DECONFINEMENT IN EYYOU ISTCHEE

Phases of the Pandemic:

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

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:

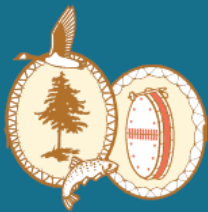
- No restrictions on travel except to Regions Requiring Testing as per protocols

Work:

- Childcare services to be provided for all workers requiring service

- Eastmain
- Nemaska
- Ouje-Bougoumou
- Chisasibi
- Mistissini

- Waskaganish
- Waswanipi
- Whapmagoostui
- Wemindji



CREE NATION COVID-19 Bulletin

April 21, 2022

EDUCATION

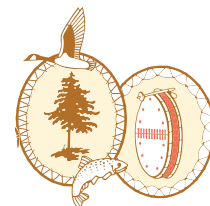
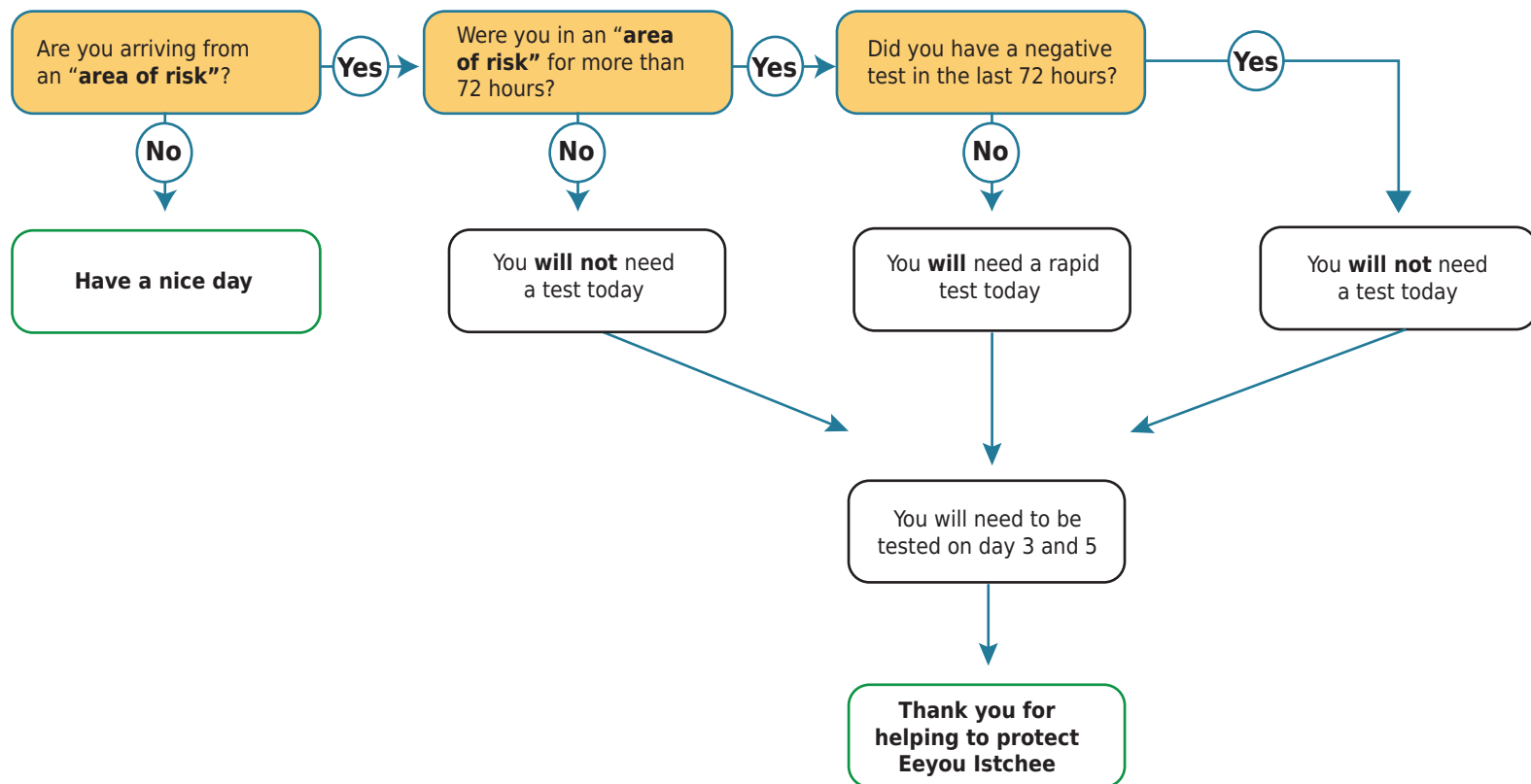
Cree School Board continues to collaborate with Public Health on recommendations to ensure the safety of our students, employees, and schools. Students and employees are reminded to continue to follow all public health measures, which includes completing the Daily Health Check everyday and wearing masks at all times.

As we go into Goose Break, we hope that the people of Eeyou Istchee take this time to rejuvenate, restore and nourish. Goose Break gives us time to reconnect with family and friends while taking part in activities that bring us closer together. This spring, we celebrate our culture while we remain vigilant to ensure the safety and health of those around us.

Cree School Board wishes everyone a wonderful and safe Goose Break!

COVID-19 Testing Protocol For Eeyou Istchee

Last Updated On
April 21, 2022



Regions Requiring COVID-19 Testing

Effective as of Thursday April 21, 2022 at 11:59PM

Deconfinement Plan

Please follow testing protocols as indicated and respect local guidelines.



- ▲ Cree Community
- Town

- Eeyou Istchee
- Health Region
- Regions Requiring COVID-19 Testing
- Regions with No Testing Required

0 30 60 120 180 240 Kilometers

Projection: UTM Zone 18 NAD 83
Sources: CNG, Eeyou Istchee (2015), MERN
BGDA 5M (2017), Statcan Health Region (2011)

Document Name: EI_Covid19_AreasRisk_8x10
Date: 4/21/2022



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Cree Nation Government
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