

COVID-19 LIVESTREAM

Variants, Vaccination and Goose Break 2021

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Cree Nation Government

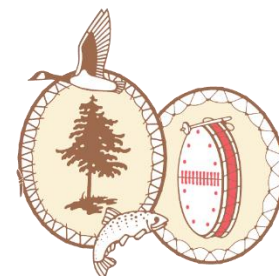
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Livestream – March 31, 2021



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Introductory Remarks

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Part 1: Coronavirus Variants



Q: What is a variant?

- The more a virus spreads, the more it changes
- Changes = mutations
- Mutations lead to new variants of the virus



Q: What's the difference between the original COVID-19 virus and variants of concern?

- Variants act differently when they move between people
- **Variants of concern** spread faster, more easily



Q: What variants of concern are in Quebec, and in regions close to Eeyou Istchee?

- 4 variants of concern in Quebec (UK, South Africa, Brazil, Nigeria)
- South African variant is in Abitibi-Temiscamingue (Region 8)



Q: Are we testing for variants in Eeyou Istchee?

- Yes. Every region sends test samples to be screened for variants of concern
- Eeyou Istchee sends samples to Montreal



Q: Does the Moderna vaccine work against variants?

- Yes. Current COVID-19 vaccines provide some protection against variants
- Vaccine effectiveness may be reduced for some variants like South African variant

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Part 2: Vaccination



Q: Why do we need a 2nd dose of the Moderna vaccine?

- 2nd dose boosts immunity
- Body is better prepared to fight an infection
- Moderna is 94% effective after 2 doses



Q: What is the recommended delay between the 1st dose and 2nd dose?

- 16 weeks between Dose 1 and Dose 2
- Dose 1 = protection for severe disease
- Dose 2 = increases protection



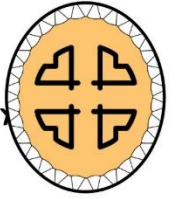
Q: After getting the 2nd dose, when does the immunity start and how long does it last?

- Maximum protection after 1 week
- Still learning about how long protection lasts



Q: What side effects should people expect when they get the 2nd dose of the Moderna vaccine?

- Side effects: pain at the injection site, fatigue, fever and chills
- Most people have stronger reactions to the 2nd dose than the 1st dose. Some people have no reaction at all.
- Side effects can be reduced by taking Tylenol



Q: Are there any dangerous side effects for diabetic or dialysis patients?

- No. Same side effects can be expected.
- People with diabetes should monitor blood glucose after vaccination. This will help.



Q: Am I protected against COVID-19 if I just have 1 dose of the Moderna vaccine?

- 1st dose provides protection against severe forms of COVID-19.
- 2nd dose increases vaccine effectiveness, provides longer-lasting protection.



Q: Can people still get the vaccine if they haven't taken the 1st dose?

- Anyone who is eligible for the Moderna vaccine can still get vaccinated with a 1st dose, even during the 2nd dose campaign

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Part 3: Vaccine Distribution



Q: When will Eeyou Istchee get the 2nd doses of the Moderna vaccine?

- 2nd dose shipment expected as early as April 9
- CMCs are ready to open vaccination sites



Q: Will all communities receive the 2nd doses at the same time, or will it be one community at a time?

- Whapmagoostui will start earlier than other communities
- All other communities start by mid-April

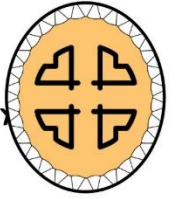
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Q: Will the 2nd doses be prioritized by specific groups of people or will the entire community have access at the same time?

- 2nd dose campaign will be open to everyone
- Communities encouraged to prioritize Elders and their most vulnerable members



Q: Can people who are isolating during the 2nd dose campaign get vaccinated?

- Community vaccination sites have Red Zones with needed safety precautions to vaccinate people in isolation
- If a person has COVID-19, they need to wait until they recover and up to 3 months before getting vaccinated
- People who had COVID-19 should only get 1 dose



Q: What about people who are already at their camps for Goose Break?

- If camp has road access, people are encouraged to come get their 2nd dose
- Otherwise, they can wait until after Goose Break

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Part 4: After Vaccination



Q: Once I have received the 2nd dose can I still catch COVID-19?

- People can still catch COVID-19 after vaccination. No vaccine is 100% effective.
- Vaccination is one layer of protection.
- Precautionary measures also needed after getting vaccinated.



Q: Can I still spread the virus even if I am vaccinated?

- Vaccines reduce the risk of transmission
- There have been cases of people passing on the virus after getting vaccinated
- Important to follow all other precautionary measures for now (physical distancing, wearing a mask, handwashing)



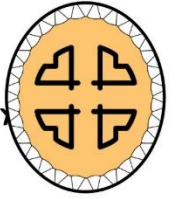
Q: Do I have to continue wearing a mask and precautionary measures like 2-meter distancing and hand-washing after getting vaccinated?

- Yes, masks continue to be necessary
- Experts need to understand more about COVID-19 vaccine protection before recommendations change



Q: Why do I still need to self-isolate under MSIL when returning from a High-Risk Area if I'm fully vaccinated?

- Vaccines help protect you from catching the virus, or developing a severe form of COVID-19
- Self-isolation when returning from a High-Risk Area helps protect your family and people in your community at this time



Q: Will community gates still be in place after communities are vaccinated with the 2nd dose?

- Given that not everyone in every community or high-risk area will be vaccinated, local checkpoints will remain in place for the time being.

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Part 5: Goose Break

