COVID-19 LIVESTREAM Variants, Vaccination and Goose Break 2021

Grand Chief Dr. Abel Bosum Cree Nation Government

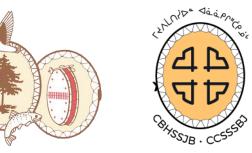
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Dr. Marie-Jo Ouimet, Public Health Director Cree Board of Health and Social Services of James Bay

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Livestream – March 31, 2021



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COVID-19 ۲"۲۰۹۰۸¬۵۵ ۷ ۲۵۵۰

Panelists:

- Grand Chief Dr. Abel Bosum
- Bertie Wapachee, Chair CBHSSJB
- Dr. Marie-Jo Ouimet, Public Health Director
- Dany Gauthier, Assistant Director, Awash CBHSSJB
- Dr. Justin Ross, Public Health Physician
- Allan Cooper, translator





Introductory Remarks





Part 1: Coronavirus Variants

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Q: What is a variant?

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

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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

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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)

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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

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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





Part 2: Vaccination

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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

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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

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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

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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

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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.

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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.

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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

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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

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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

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Q: Will there be enough 2nd doses for everyone in our communities?

•Yes. CBHSSJB and Cree Leadership have secured enough doses for everyone who is eligible.

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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

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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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Q: What about people who are outside of Eeyou Istchee? How can they get the vaccine?

Re-Entry Vaccination Program for post-secondary students, School Board staff, other Cree beneficiaries

Send requests to:

18TCR.ReentryVaccine@ssss.gouv.qc.ca





Part 4: After Vaccination

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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.

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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)

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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

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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

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

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





Part 5: Goose Break

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Q: Can Elders go to camp for Goose Break if they've been vaccinated?

- Yes. Eeyou Istchee is the safest region for this year's Goose Break, as we monitor the situation in Quebec and Ontario.
- Precautionary measures at camp are recommended
- Bush Camp Guidelines: www.creehealth.org/covid/bush-camp-safety

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Q: What special precautions should be taken at camp?

- Wear a mask on the plane or helicopter during airlift
- Bring a box of medical masks & hand sanitizer
- Visit and host guests with caution.
- Cree Health Board recommends masks and physical distancing at bush feasts with many guests

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COVID-19 INFO-LINE: 1-866-855-2811 WIICHIHIIWAAUWIN HELP-LINE: 1-833-632-HELP (4357)

www.creehealth.org/covid www.cngov.ca/covid-19