

## New developments in COVID-19 Pandemic for Yukon March 18, 2020

As of today, the Chief Medical Officer of Health Dr. Brendan Hanley advised the following measures will take place in Yukon:

- A public health emergency has been declared for Yukon. This declaration enables the Chief Medical Officer of Health to respond more quickly to the rapidly changing situation and to ensure the health and safety of Yukoners.
- Classes are suspended at all Yukon public schools until April 15, or until further notice.
- All public indoor recreational facilities are required to close until further notice. This includes the Canada Games Centre, ice rinks, and recreation centres.
- All three Yukon hospitals are closed to visitors, with limited exceptions.
- Libraries are closed until further notice.

### Advice for municipalities and communities:

- Arrange for closure of libraries, community centres, rec centres and other indoor public recreation facilities.
- For facilities that must stay open, ask that people only enter if they are healthy
- Encourage staff to work from home, if possible
- Make hand-washing signs available to businesses and other public areas
- Practice social distancing and avoid gathering in large groups

Keep your employees safe by:

- undertake routine environmental cleaning ([download information on cleaning and disinfecting the work place](#) and [cleaning and disinfecting your home](#));
- promote respiratory etiquette;
- promote regular hand washing ([download one of our hand washing signs to post as a reminder](#))
- encourage and support staff to stay home when they are ill;
- support staff and clients returning from international and national travel;
- remember the current risk to Yukoners is low; and,
- ensure you and your employees do not make assumptions about the risk of others having COVID-19 based on their ethnicity or country of origin.

### Advice for travelers:

Testing is currently focused on individuals who have traveled outside Canada or had contact with someone diagnosed as having COVID-19, or have developed symptoms of COVID-19.

### Travellers returning to Yukon on or after March 13

ALL travellers who returned to Yukon from outside Canada on or after March 13 are required to [self-isolate](#) immediately, for 14 days, and monitor for [symptoms](#).

### **Travellers who returned to Yukon before March 13**

Travellers who returned to Yukon from Italy, Iran or the Hubei Province of China, before March 13, must also [self-isolate](#), and must monitor themselves for [symptoms](#) for 14 days after return. If symptoms do develop, stay home and call 811 immediately.

Travellers who returned to Yukon from other destinations outside Canada, before March 13, are required to monitor themselves for [symptoms](#).

What do to do if you think you have symptoms of COVID-19 in one of Yukon's communities:

- Use this [self-assessment tool](#) to find out if you have COVID-19 symptoms. Symptoms have included:
  - Cough
  - Fever
  - Difficulty breathing
  - Pneumonia in both lungs
- If you are feeling any of the symptoms, stay home and call 811 or your healthcare provider for guidance. Your local health centre or nursing station may choose to drop off a swab at your house for testing.
- If you need more information please call your Health Centre or call 811.
- Practice self-isolation until your symptoms get better.

### **Advice for vulnerable populations, seniors and elders:**

If COVID-19 comes to Yukon, people who are vulnerable, older or who have underlying health conditions may be at greater risk. Help mitigate that risk by:

- Do not visit seniors, elders or those with underlying medical conditions if you don't feel well.
- Practice social distancing (no kissing, hugging, or hand-shaking) and avoid crowded spaces.
- Educate people on proper hand washing and proper respiratory etiquette when they visit vulnerable populations or elders.
- Encourage people to drop off groceries with seniors or elders so they can avoid going out.
- Help your elderly or vulnerable community members stock up on any medication and provisions they require in case self-isolation is necessary.
- If an elderly or vulnerable person show any of the symptoms, make sure they stay home and call 811 or their healthcare provider for guidance.

## General questions and answers about COVID-19

### **Where can I learn more about COVID-19?**

You can visit [Yukon.ca/COVID-19](https://www.yukon.ca/COVID-19) for more information about the virus and the Government of Yukon's actions. In addition to general information for all Yukoners, there are also regular updates from the Yukon Chief Medical Officer of Health.

### **What should I do to avoid getting this virus?**

People should follow the advice provided by the Yukon Chief Medical Officer of Health to the general Yukon population.

You can play an active role in staying healthy and preventing the spread of COVID-19. Follow these simple steps recommended by the Public Health Agency of Canada:

- wash your hands often with soap and water for at least 20 seconds;
- avoid touching your eyes, nose or mouth with unwashed hands;
- avoid close contact with people who are sick;
- cough or sneeze into your sleeve and not your hands; and
- stay home if you are sick to avoid spreading illness to others.
- ensure [routine workplace cleaning practices](#) are in place

### **How do I know if I deliver an "essential service"?**

Every Yukon government department is currently working on identifying all essential services and personnel as part of their business continuity planning. Your organization is likely doing the same work. "Essential services" are roles that must continue to deliver programs and services.

### **What should I do while I self-monitor?**

Self-monitoring means you do not need to stay at home, but you should watch for the following symptoms: fever, cough, or difficulty breathing.

While self-monitoring please avoid large crowds and visiting at-risk individuals during the 14-day period, especially those residing in long-term care facilities. At-risk individuals include those over 60 years of age, those with chronic conditions (diabetes, heart disease, lung disease, etc.) and those with weakened immune systems (i.e. cancer).

### **What should I do when I self-isolate?**

All non-essential employees who have returned from international travel are required to stay home and self-isolate for 14 days.

Self-isolation means staying at home and avoiding contact with other people to help prevent the spread of disease to others in your home and your community.

If you are self-isolating, it is expected that you follow the measures outlined by the Public Health Agency of Canada. This includes limiting contact with others, keep your hands clean, avoiding contamination of common items and surfaces, and generally taking care of yourself.

**Information on COVID-19** is being updated regularly, for the most accurate information specific to Yukon please visit [Yukon.ca](https://www.yukon.ca) or the [HSS Facebook](#) page.

If you need more information, please call your Health Centre or call 811.