

Help prevent the spread of COVID-19

Yukon's Chief Medical Officer of Health is asking everyone who has travelled outside of Canada in the last 14 days to self-isolate. This includes travel to Alaska.

Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available. **Cover your mouth and nose** with a tissue when you cough or sneeze, then throw the tissue into the trash immediately and wash your hands.

We are also asking people to **practice social distancing**. This simply involves taking steps to limit the number of people you come into close contact with. Some steps you can take include:

- Talk to your employer about the possibility of working from home.
- Avoid sending your children to daycare, if possible.
- Consider holding work meetings by phone or video conference.
- Avoid non-essential travel.
- Consider cancelling events and group gatherings.
- When possible, try to stay at least 2 metres (6 feet) from each other.



For more information on COVID-19:

Visit www.yukon.ca/covid-19

Call the Public Health Agency of Canada at 1-833-784-4397

Call 811