



SELF-ISOLATION



Self-isolate if:

- you've travelled outside of Canada within the last 14 days; or
- you've been identified as a close contact of someone diagnosed with COVID-19; or
- you've been directed to by your health care provider.

Self-isolate means to:

- stay at home and monitor yourself for symptoms, even if mild, for 14 days; and
- avoid contact with other people to help prevent the spread of disease in your home and in your community.

You can still go outside to walk your dog, get fresh air or get your mail but avoid close contact with other people.

Symptoms of COVID-19 are:

- fever
- cough
- shortness of breath or difficulty breathing

If you do develop symptoms while you're self-isolating:

- continue to isolate yourself from others;
- call your health care provider or 811; and
- tell them about your symptoms and travel history.

They will provide advice on what you should do.

Get COVID-19 updates at [Yukon.ca/COVID-19](https://www.yukon.ca/COVID-19).