

Information on self-isolation

Anyone entering Yukon from outside the territory must self-isolate for 14 days.

Stay home and don't go anywhere you could infect others

- Avoid situations where you could infect others. This means staying away from social gatherings, work, school, daycares, healthcare facilities, grocery stores, and any other public gatherings.
- You may go outdoors for fresh air when by yourself.
- Do not have face-to-face contact (within 2 metres) with anyone while outdoors.
- If you must run an urgent errand by yourself (e.g. picking up a medication) you can wear a surgical mask to reduce the risk of spreading infection.

Avoid having visitors

- Avoid having visitors in your home, but it is okay for friends, family, or delivery drivers to drop food off or other things you may need.
- Avoid contact with older adults and other people with chronic medical conditions (e.g. immune deficiencies, lung problems, heart disease, and diabetes).

Keep your distance

- If you have to share a space with other household members who have not travelled, stay away from each other (2 meters apart) as much as possible and use a separate bathroom if you have one. If you must share toilet facilities, they should be cleaned daily.
- Avoid sharing household items. You should not share drinking glasses, cups, eating utensils, pillows or other items with people in your home. After using these items you should clean them.

Cover your coughs and sneezes

- Cover your nose and mouth with a tissue when coughing or sneezing or cough or sneeze into your sleeve/elbow.
- Throw used tissues immediately into the garbage and wash your hands.

Wash your hands

- You and your family should wash your hands frequently.
- Wash them after coughing or sneezing, if they are dirty, using the bathroom, or before eating.
- Wash your hands with soap and water for at least 20 seconds or use an alcohol-based sanitizer if water is not available.

Be careful when touching garbage

- All waste can go into regular garbage bins.
- When emptying the garbage, take care to not touch used tissues with your hands. Lining the garbage with a plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the garbage.

Clean and disinfect

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink taps, handles, door knobs, light switches, cellphones, bedside tables, etc. on a daily basis.

If you have questions about self-isolation or need support, email COVID19info@gov.yk.ca

