

COVID-19 UPDATES #2

March 25, 2020



There are currently 2 confirmed cases of COVID-19 in the Yukon. COVID-19 is not only coming from people that have traveled outside of Canada. Within Canada, COVID-19 is now spreading from person to person as much as it is coming in from outside Canada.

In order to keep us all safe and healthy, it is important that you:

- **Stay informed** through kfn.ca, Yukon.ca and Canada.ca about the pandemic;
- Follow basic hygiene and respiratory etiquette practices to minimize acquiring and spreading the disease:
 - Wash your hands often with soap and water for 20 seconds,
 - Cough or sneeze into a tissue or your arm,
 - Avoid touching eyes, nose or mouth.
 - Avoid close contact with people and;
 - Monitor yourself and family members for symptoms.
- Plan ahead in case of infection and/or illness. This includes not only for your family but also possible service interruptions to needed resources.
- Listen to the advice of doctors, nurses and other health professionals who are working to help us get through this difficult time.
- **STAY HOME**
 - **Don't visit others face to face.** Use the technology we have at our fingertips: call, email, facetime, etc.
 - Unless absolutely necessary, don't leave your house.
- **GOING OUTSIDE**
 - If you do go outside, **keep at least 2 meters (6 feet) between you and other people.** This is also called social distancing.

You can find more information at kfn.ca, Yukon.ca and Canada.ca. Visit our website and Facebook page at kfn.ca and [KFN's Facebook page](#). If you have specific questions you can send them to covid@kfn.ca.

If you would like to receive information like this via email please provide your email address to covid@kfn.ca

STAY HOME and call 811 if you have signs of a respiratory infection (fever, cough or shortness of breath).