



## Staying home when you're sick

### If you were tested for COVID-19

We recommend you stay at home until you receive your test results. Get your [lab-based PCR test result](#).

### If your test result is positive

We recommend that you stay at home until you feel better.

Get more information on what to do [if you test positive](#).

### How does COVID-19 spread?

COVID-19 spreads through droplets that come out of people's mouths and noses. These droplets then spread through close personal contact. This includes activities such as:

- living with someone who has COVID-19;
- sharing food; or
- touching objects or surfaces with the virus on it and then touching your mouth, nose or eyes before you wash your hands.

### Why should you stay home?

Staying home when you're sick will help you avoid situations where you could infect other people. This means all situations where you may come in contact with others, such as:

- social or public gatherings;
- work;
- school;
- child care;
- athletic events;
- faith-based gatherings;
- grocery stores; and
- restaurants.

### What should you do until you feel better?

#### Stay home except to get urgent medical care

- Do not go to work, school or public areas. Cancel non-urgent appointments.
- Do not use public transportation including buses or taxis. Do not have other people come stay or visit you in your home.
- Do not travel outside of walking distance, such as driving to trailheads or to other communities for hikes. Only go outside for a walk in your own neighbourhood. Maintain a 2-metre (6-foot) distance from other people and avoid busy areas.

#### Monitor your symptoms

- Phone your primary health care provider if you develop any symptoms or if your illness is getting worse. They'll help organize and plan for follow-up care.
- If you do not have a primary health care provider in the Yukon, phone Yukon Communicable Disease Control [867-667-8323](tel:867-667-8323) or toll free in the Yukon [1-800-661-0408](tel:1-800-661-0408), extension 8323.
- If you need urgent care go the emergency room or phone 911. T and tell them you're being tested

for COVID-19. This will help health care staff take steps to keep other people from getting sick. You'll need to wear a mask when you visit a health care facility.

## **How can you help prevent transmission in your home?**

### **Separate yourself from other people in your home**

- Stay and sleep in a well-ventilated room, separate from other people.
- When you cough or sneeze, cover your mouth and nose with a tissue or cough or sneeze into your sleeve instead of your hand. Throw used tissues in a lined trash can and then wash your hands.
- Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based sanitizer. Use disposable paper towels when possible.
- Use a designated bathroom if possible. If not, make sure to clean surfaces properly between uses.
- Avoid shared spaces and shared household items. If this is unavoidable, wear a mask (either a 3-layer cloth mask or a medical mask) and maintain a 2-metre (6-foot) distance. Wash any dishes, cups, eating utensils, towels, etc., with soap and water after use.
- Do not touch your mask while you're using it and change it if it gets wet or dirty.
  - Discard masks directly into a trash can with a lid.
  - Wash your hands immediately after you throw away a mask.
- People with compromised immune systems or chronic health conditions should stay in another home if possible.
- Restrict visitors. This means do not allow other people to visit inside your home. This includes "quick visits". It's okay to have people drop off items such as groceries and medications outside of your home.
- Clean and disinfect touched surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.

### **When will your results be available?**

- If you used an at-home rapid test, follow the package directions to see your results.
- If you had a lab-based PCR test, your test first goes to Whitehorse General Hospital Lab for processing. They may fly it to a testing laboratory in BC.
- If you live in rural Yukon, ask your provider when the test will be shipped.
- Your result is usually available 24 to 48 hours after your sample arrives in the testing laboratory.
- Your result will be available [online](#).
  - Results are available in real time. It's very important to follow all the instructions for interpreting your result.
  - If you cannot access this service or need help interpreting your result:
    - if you did your test in a rural community phone your local health centre or medical clinic;
    - if you did your test in Whitehorse phone your local health care provider;
    - or
    - if you do not have a local health care provider in the Yukon phone Yukon Communicable Disease Control 867-667-8323.