



Self-isolating at home

You can help prevent the spread of contagious respiratory illnesses including COVID-19.

If you've been tested for COVID-19

If you've been tested for COVID-19 we recommend you self-isolate at home until you receive your test results. This applies to lab-based PCR testing and at-home rapid testing.

If your test result is positive

We recommend that you self-isolate at home if you've received a positive COVID-19 test result.

If you had a PCR test

[Get your lab-based PCR test result and find out when you can stop isolating once you have your result.](#)

If you're caring for someone else

Find out what to do if you're [caring for a child or family member who's been tested.](#)

How's COVID-19 spread?

COVID-19 is spread by droplets that come out of people's mouths and noses. These droplets are then spread by 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.

In rare cases COVID-19 can be spread by coming in contact with feces.

The highest risk of transmission occurs in the "3 Cs" high-risk settings and situations:

- closed spaces with poor ventilation;
- crowded places where many people are gathered; and
- close contacts where you cannot keep a 2-metre distance.

What does self-isolation mean?

- Self-isolation means avoiding 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.

How do I self-isolate?

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 trail heads or to other communities for hikes. Only go outside for a walk in your own neighbourhood. Maintain a 2-metre distance from other people and avoid busy areas.

Monitor your symptoms

- Call your primary health care provider if you develop any symptoms or if your illness is getting worse. They will help organize and plan for follow-up care.
- If you do not have a primary health care provider in the Yukon, contact Yukon Communicable Disease Control.
- If you need urgent care go the emergency room or call 911 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 do I help prevent transmission in my home?

Separate yourself from other people in your home

- Stay and sleep in a well-ventilated room, separate from other people.
- Use a designated bathroom if this is available. If not, make sure surfaces are cleaned properly between use.
- Avoid shared spaces. If this is unavoidable, wear a mask and maintain a 2-metre distance.
- 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.
- Non-medical masks should have 3 layers, with the middle layer being a filter-type fabric such as non-woven polypropylene.
- 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 OK to have people drop off items like groceries and medications outside your home.
- If you are not able to isolate within your home, call the Self-Isolation Facility Assistance team at 1-867-332-4587.

Avoid sharing household items

- Do not share dishes, cups, eating utensils, towels, bedding or other items with people in your home. Wash these items thoroughly after each use with soap and water.

Cover your coughs and sneezes

- 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 into a lined trash can in your room before disposing of them with other household waste and immediately wash your hands.

Wash your hands often and thoroughly

- 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.
- Avoid touching your face if you have not washed your hands.

Clean and disinfect touched surfaces frequently

- Clean and disinfect touched surfaces at least twice a day, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.



- Use regular household disinfectant containing 1 part bleach to 9 parts water.
- Flush the toilet with the lid down.

When will my result be available?

- If you used an at-home rapid test, follow the package directions to see your results.
- If you were tested with a lab-based PCR test, your test 1st goes to Whitehorse General Hospital for processing. They may flight it to a testing laboratory in B.C.
- 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. You need to have a Yukon health card to access the results using this service.
 - It's very important to follow all the instructions for interpreting your result, including when to end self-isolation.
 - If you do not have a health care card, are unable to access this service or need help interpreting your result:
 - call your local health centre or medical clinic if tested in a rural community; call your local health care provider if tested in Whitehorse; or
 - call YCDC at 667-8323 if you do not have a local health care provider in the Yukon

How long do I have to self-isolate for?

Get your [COVID-19 test results and find information about self-isolation](#).