

Fact Sheet on COVID-19 for LFN Members

March 21, 2020

What are the symptoms of COVID-19?

- fever
- cough; and /or
- difficulty breathing

If you have the above symptoms, you must do the following:

- Self-isolate immediately! Do not leave your home without speaking with a healthcare professional first!
- Do not go to the clinic or arrange transportation to the clinic before talking to them first. The Parhelion Medical Clinic number is 536-2565
- Call 811 for further information
- Follow the latest guidelines you receive from the healthcare professionals
- If you need urgent medical attention, call 911

How to protect yourself, family, and the community?

- Practice social distancing – stay home as much as possible
- Avoid unnecessary contact with others
- Limit your travel in the community, including visits to people's homes
- Avoid crowds – keep at least 2 metres (2 arms length) away from others
- Wash your hands regularly with soap and water for at least 20 seconds
- Use a hand sanitizer if soap and water are not available
- Avoid touching your face
- Disinfect frequently touched areas in your home, including your phones!

The COVID-19 situation is evolving quickly! We understand that the fast-paced flow of information is confusing and at times frightening. We want our community to be well-informed and for that, it is absolutely essential to avoid the spread of false and misleading information!

Please use **official sources only** to keep up to date with the latest developments, guidelines, and regulations by accessing the following official websites:

<https://yukon.ca/en/information-about-novel-coronavirus-yukoners>

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>