



## Natsékhi Kù Health Centre

### Coronavirus Information

as of March 25, 2020

*Kwanlin Dün Nursing Line: 867-333-9550* (8:30 a.m. to 4:30 p.m. Monday to Friday)

After Hours: Call 8-1-1

Kwanlin Dün First Nation takes the safety of citizens and staff seriously. The risk of Coronavirus in the Yukon remains low.

Information on the spread of Coronavirus can change daily. Checking in with us as needed and seeking additional information for the organizations listed below is the best way to stay informed.

Please be mindful of what you read online. There is a lot of inaccurate information on the Internet. For regular updates about the Coronavirus, please refer to the trusted sources below.

### What is the Coronavirus?

The novel coronavirus, also called COVID-19, causes a respiratory disease with symptoms such as fever, cough, shortness of breath. The virus can spread when someone who has it coughs, sneezes or spits onto a surface, you touch the surface and then touch your face.

Many people who get Coronavirus will be sick for a period of time and recover. Elders, small children and people with poor immune systems may experience worse symptoms and some may need to go to the hospital.

### Symptoms

Fever, cough, difficulty breathing, or shortness of breath

### How do I know if I have Coronavirus?

If you have the symptoms above and have travelled outside of Yukon in the last two weeks, or if you have been around someone who is also sick and was travelling, it is important to get tested. Call the **Kwanlin Dün Health Nurse line: 333-9550** during the day or 811 after hours to see if you should be tested. **DO NOT** go to the health centre or a hospital.

## How do I protect myself against viruses?

1. Washing hands with warm, soapy water for at least 30 seconds is very important! Wash your hands many times a day and after using the bathroom, before eating and after being in public places.
2. Avoid touching your face as much as possible. Germs travel from our hands into our body by touching our face, nose, eyes and mouth.
3. Avoid large gatherings until further notice. If you are at a gathering, try to stay 3 feet from others to avoid coming in contact with the virus. This is called “social distancing”.
4. Get lots of rest, eat well and spend time in the fresh air as much as possible.
5. Get your FLU Shot! Although the Flu Vaccine does not protect against Corona virus, it will help prevent the flu. Being sick with the FLU could put you at higher risk.

## What do I do if I think I might be sick?

Most people who get corona virus can stay at home safely - even with symptoms. If you or anyone in your house has any of the symptoms listed on page 1, **DO NOT** come to the health centre. Call the health centre at 333-9550 to speak to a nurse. The nurse will tell you what to do next.

## What do I do if I have been told to “self-quarantine” or “self-isolate”?

If your healthcare provider or employer has asked you to self-quarantine or self-isolate, contact the Kwanlin Dun Nursing Line for information and support. We will provide you with information to stay safe and know when to seek additional healthcare.

## What can I do to be prepared for a health emergency?

In the event there is an outbreak in the Yukon, public health officials will help the KDFN Health Centre share accurate information and guidance to citizens.

In the meantime, everyone should have a “72 Hour Emergency Kit” to ensure they can live safely for 3 days in the event of an emergency. See the next page for information about what should be included in a 72 Hour Emergency Kit.

## **72 Hour Emergency Kit Basics**

- Water – at least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- Manual can-opener
- Crank or battery-powered flashlight (and extra batteries)
- Crank or battery-powered radio (and extra batteries)
- First aid kit
- Extra keys to your car and house
- Some cash in smaller bills, such as \$10 bills and change
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs).

### **Learn more about 72 Hour Emergency Kits here:**

<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/yprprdnssgd-eng.pdf>

### **How do I learn more about the Coronavirus?**

You can get more information by visiting the Government of Yukon website:

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

OR

### **Public Health Agency of Canada**

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

If in doubt, call the KDFN Nursing Line during office hours or 811 after hours.