



Happy New Year SFN Citizens & Community Members

COVID-19 Rapid Test Clinic

There will be a COVID-19 Rapid Test Clinic held at the Link Building for all citizens and community members on:

Monday, January 10, 2022 from 10:00 to 4:00

COVID-19 Booster Clinic

**Must be 18+ years old and 6 months since your last vaccine
(1st and 2nd Vaccines also available)**

January 12, 2022 from 10:00 am to 4:00 pm

Pelly Crossing Health Center

Book your Appointment by calling the Health Center at 867-537-4444

Bring: Yukon Health Care Card or Proof of Yukon Residency

Wear: Loose-fitting or short-sleeved shirt

If you require additional information, please call:

SFN COVID-19 Call Center @ 867-334-4378

What to do if you get a positive COVID-19 test result

1. Continue to self-isolate and notify your close contacts. A nurse from Yukon Communicable Disease Control (YCDC) will call you within 48 to 72 hours to collect information, answer your questions and let you know how long you will have to isolate for.
2. Seek medical care if you have:
 - severe difficulty breathing (for example, struggling for each breath or speaking in single words);
 - severe chest pain;
 - feelings of confusion; or
 - loss of consciousness (fainting).
3. Contact your primary health care provider if you are pregnant or have a chronic medical condition including conditions that affect your breathing, heart disease or are immune compromised.

How to safely isolate at home

It's important that you self-isolate away from other people in your home who have not been diagnosed with COVID-19. If other people in your home also have COVID-19, you do not need to isolate away from them. People you live with who have signs or symptoms of COVID-19 likely have COVID-19 too and should isolate with you.

Notify your contacts if you've tested positive for COVID-19

In certain circumstances, people in the same household are unable to isolate away from each other. In these situations, we consider people without COVID-19 to be exposed to COVID-19 until the last person in the home no longer needs to isolate. Anyone in the household who is not fully vaccinated needs to isolate for 7 days and then self-monitor for symptoms for another 7 days after YCDC has cleared the last person in the household.

Close contacts are the people you were around 2 days before the start of your symptoms through 10 days after your symptoms develop. This is your infectious period. Specifically, a close contact is anyone who you were within 6 feet (2 metres) of for a combined total of 15 minutes or more over a 24-hour period.

If someone's told you you're a contact, ask yourself the questions in the following steps.

- Step 1: What was the last date that you spent time with the person you're a close contact of? Make note of the date and use it to calculate your period of self-isolation or self-monitoring in step 4 and 5.
- Step 2: Have you had a lab diagnosis of COVID-19 within the past 90 days? If your answer is "no" go to Step 3. If your answer is "yes" go to Step 4.
- Step 3: Are you fully immunized with the COVID-19 vaccine? If you're fully immunized, go to step 4. If you are not fully immunized, go to step 5.

If you are not moderately to severely immunosuppressed due to illness or medication, to be fully immunized you'd need to have had:

- 2 doses of COVID-19 vaccine and had the 2nd dose at least 14 days before your most recent contact with the person with COVID-19 and within the last 6 months; or
- 3 doses of COVID-19 vaccine at least 14 days before your most recent contact with the person with COVID-19.

- Step 4: If you're fully vaccinated according to the definition in step 3, self-monitor for symptoms for 2 weeks (14 days) after the date of your last exposure to the person you're a close contact of. If you develop any symptoms, self-isolate and arrange to get tested. If you develop symptoms and decide to not be tested, then self-isolate for 10 days after symptoms start.
- Step 5: If you are not fully vaccinated self-isolate for 7 days after the date of your last exposure and then self-monitor for symptoms for an additional 7 days. If you develop any symptoms, no matter how mild, arrange to get tested. If you decide to not be tested, then self-isolate for 10 days after symptoms start. You still need to self-isolate even if your test is negative.

Remember that even if your symptoms have gone away, you can still infect others. So if you choose not to be tested, continuing to isolate for the full time is very important to protect the health of the people around you.