



**FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

March 1, 2020

## **COVID-19: Keeping yourself and others healthy and safe**

Hundreds of people come through our building every single day. With cold and flu season in full swing and the novel coronavirus in the news worldwide, we want to take a moment to address how we all play a role in keeping our community healthy and preventing the spread of germs and illness.

### **What We Are Doing**

- The Y staff is keeping abreast of the COVID-19 situation on a daily basis.
- We continue to take guidance from the Newton Department of Public Health, the CDC and the Department of Early Education and Care.
- All YMCA employees have been briefed and given information on steps they can take to keep themselves healthy as well as how to implement preventative measures within the Y.

### **What You Can Do**

- Please ensure you wipe down equipment and cardio machines before and after use with the provided disinfectant wipes.
- Wash your hands several times per day with soap and warm water for at least 20 seconds.
- Take advantage of the multiple hand sanitizer dispensers located throughout the building.
- Cover your mouth when you cough or sneeze. Use a tissue, or your elbow if a tissue is not available, not your hands.
- Avoid touching your eyes, nose, and mouth.
- Stay at home when you are sick and keep sick children home from school and programs.
- Monitor U.S. and local public health communications from reputable sources such as [CDC.gov](https://www.cdc.gov) and [newtonma.gov](https://www.newtonma.gov).