



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

March 6, 2020

COVID-19: We All Play a Role in Keeping Our Community Healthy

The West Suburban YMCA is committed to providing a safe and enjoyable experience for everyone who enters our doors. There are growing concerns about the potential spread of coronavirus in the United States, and in an effort to keep you and your family healthy and prevent the spread of germs, we are sharing some important information.

What We Are Doing

- The Y staff is monitoring COVID-19 developments on a daily basis.
- We are following recommendations 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.
- Hand sanitizer and disinfectant wipes are available throughout the building.
- All program spaces, equipment, and frequently touched surfaces are wiped down and disinfected as part of our routine cleaning procedures, and we've increased the frequency of that routine throughout the day.

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 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, not your hands, and then throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth.
- Stay at home when you are sick and keep sick children home from school and programs. Remain home until free of fever for 24 hours.
- Regularly check the [CDC Website](#) for important updates and safety information.

While no one can predict with certainty the severity of impact the coronavirus will have both locally and nationally, we are monitoring the situation closely, and we will keep all members and participants updated with information as it develops. We all play a role in keeping our community healthy and preventing the spread of germs and illness, so please follow the guidelines above to ensure a safe and welcoming place for all.

Other Helpful Resources:

[Newton Health & Human Services COVID-19 Updates](#)

[Massachusetts Department of Public Health COVID-19 Updates](#)

[Centers for Disease Control & Prevention \(CDC\) COVID-19 Situation Summary](#)

[CDC Resource: Share the Facts](#)

WEST SUBURBAN YMCA

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