



# Keeping Our YMCA Healthy

## A message from YMCA of West Central Illinois Leadership

Dear Y Community,

In light of the novel coronavirus outbreak, one of the ways to effectively fight the virus is to be healthy, and in addition to eating healthy, exercise plays an important role in boosting your immune system. The health and safety of Y members is our top priority, and we are reaching out with an update on the coronavirus disease (also referred to as COVID-19). The YMCA of West Central Illinois is actively monitoring the news and advisories concerning the virus along with best practices from the Centers for Disease

Control and Prevention (CDC), local health departments, and Nationwide YMCA advisors. The gym is a safe space with low risk of picking up the coronavirus as long as you take precautions, as outlined below. And it's important to remember that sweat cannot transmit the virus. Currently, please take the same basic precautions to prevent the spread of the virus as the common cold.

As a reminder, it is always good practice for members, parents, and children, regardless of exposure risks, to adhere to the following preventative measures year round:

Cover coughs and sneezes with a tissue.

Wash hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer when soap and water are not available.

Avoid touching your eyes, nose, or mouth.

Please stay home, or keep your child home if he/she is sick until at least 24 hours after any signs of a fever have gone (without the use of fever-reducing medications) or with the clearance from a healthcare provider.

Consult your healthcare provider if you are concerned for your child or family member who is showing symptoms of an illness.

If sick, restrict activities outside your home as much as possible. If you must leave home, cover your nose and mouth with a mask or cloth.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

At the YMCA, the safety and wellness of our members and participants is very important to us. We are constantly monitoring this evolving situation and following the guidelines of the CDC in all of our locations and work spaces to keep our members and staff safe. This includes:

Expanding our cleaning protocols to ensure we use products that has been found to be effective against viruses.

Ensuring there are ample hand sanitizer and disinfectant wipes throughout our facilities for your use. Your partnership in this effort is welcome, and your continued use of the sanitizing wipes that are provided to wipe down all equipment — mats, benches, free weights, cardio and strength machines, etc. — before and after you use them, is appreciated.

Disinfecting supplies and toys daily.

Regularly refining and updating plans in place for various situations and circumstances regarding the spread of the virus as new information becomes available, and learning as much as we can in order to make informed decisions.

For additional information and FAQs on the novel coronavirus, visit the CDC's website: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

As the news media continues to report on the spread of the novel coronavirus in the United States, I want to assure you that our intent in sharing this at the YMCA of West Central Illinois is to provide current and accurate information about the situation, and to offer pragmatic steps we all can take to keep our ourselves, children, and members healthy and safe. In the meantime, please be assured that we continue to enforce stringent hygiene and sanitation standards at all of our service sites and remain committed as ever to the well-being of the families we serve.

Also, please be reminded that the virus is not distinguishable by race or nationality. Creating any kind of stigma around those who have contracted the disease is not only discriminatory but it is also likely to discourage early reporting and hinder efforts to limit its spread.

Thank you in advance for your cooperation,

Jim Chamberlain

CEO, YMCA of West Central Illinois