



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Lakota Family YMCA

## Coronavirus Message from the YMCA

As you are aware there has been an outbreak of a respiratory virus known as the coronavirus or COVID-19. The Butler County Health Department and the National Centers for Disease Control and Prevention (CDC) are closely monitoring this outbreak. At the Lakota Family YMCA, we take your health and safety very seriously. When a serious health issue arises, our staff team comes together to reassess out strategies to keep our members and staff healthy.

While CDC considers the Coronavirus a serious situation and is taking preparedness measures, the immediate risk in the U.S. is considered low. Basic hygiene is the best thing you can do. The CDC advises taking preventative measures to reduce risks.

### PREVENTION TIPS YOU CAN TAKE:

- If you are feeling at all unwell, please stay home and speak to your primary care provider.
- Thoroughly wash your hands upon arriving at the facility, before classes, and after classes especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- Scrub your hands for at least 30 seconds. Need a timer? Sing the "ABC's" song from beginning to end twice.
- Short on time? Use the hand sanitizer we have provided around the facility, though you should still opt to wash your hands whenever possible.
- As much as possible, avoid touching your mouth, nose and eyes.
- If you find yourself sneezing or coughing, please do it into a tissue, your elbow or the inside of your shirt. Please then wash your hands and be aware that the coronavirus can live on your clothing for up to a week.
- Keep yourself healthy and well rested.

### PRECAUTIONS & ACTIONS THE YMCA IS TAKING:

- YMCA staff that are ill will be sent home and asked to stay out of work until they are symptom free.
- We are asking members who may be ill with a contagious condition to stay home and return to the Y when they are feeling better.
- As has been the policy, children enrolled in our school/programs are required to stay out of school/programs a minimum of 24 hours after being deemed symptom free.
- Numerous hand sanitizing dispensers are mounted throughout the entire facility.
- We are asking all members to clean equipment BEFORE and AFTER workouts, with the Quat Disinfectant that we provide.
- Numerous sanitizing stations are located throughout the wellness center, studios, and training center.
- Our staff has increased how often the facility is being cleaned. This includes wiping down all surfaces, door handles, lockers, equipment, ledges and counter surfaces with the Quat Disinfectant throughout all shifts.

**Let's all work together to stay healthy and safe.  
Please feel free to reach out with any questions.**