



Dear YMCA Member;

As there are growing concerns about the potential spread of flu and respiratory illnesses including coronavirus in our community, we want to share how the Y, with your help, is keeping you and your family and friends healthy and safe.

With the flu and other respiratory illnesses commonly circulating publicly during the winter months, we always closely monitor information from public health officials and other experts in the field, and follow their prevention guidelines to help keep our YMCA sites clean and safe for everyone. The Y uses products approved by the United States Environmental Protection Agency (EPA), follows cleaning processes by the International Sanitary Supply Association (ISSA) and adheres to all health and safety recommendations by the Centers for Disease Control and Prevention (CDC), and Minnesota Department of Health.

Here are some of the safety steps we **always** take:

- Frequently clean all surfaces and "high-touch" items in each Y site.
- Diligently clean all areas used by everyone throughout the day and overnight.
- Provide ample handwashing sinks, hand sanitizer stations and wipes to members, participants, campers and staff.
- Share safety reminders at all locations, including encouraging frequent hand cleaning and hand sanitization.
- Encourage people experiencing symptoms affiliated with these illnesses to take care of themselves, keep a distance from others as not to spread illnesses and encourage them to visit with their medical provider.

In addition to these efforts, we **recommend** these tips which are consistent with health officials' recommendations to help prevent the spread of germs for yourself and others:

- Clean all fitness equipment and other frequently touched objects before and after every use.
- Wash your hands often with soap and water for at least 20 seconds.
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then throw the tissue in the trash.
- Remember to stay home when you or a child are sick.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose and mouth.
- Avoid handshakes and hugs to greet people.
- Avoid travel if you are sick.

We also encourage you to practice healthy habits by eating right, staying hydrated, exercising regularly, spending time in nature and getting enough sleep. Practicing healthy habits can be extremely helpful to maintain/improve your health and wellbeing. To help ease any stress or anxiety you may be feeling, meditation, yoga, Tai Chi and time in nature are great ways to relax and rejuvenate.

For more information on how to prevent and prepare for flu and respiratory illnesses, and coronavirus, we encourage you to visit the web sites for the Minnesota Department of Health, the CDC and the World Health Organization (WHO).

We will continue to communicate with you as needed on key updates as we work closely with public health officials and appreciate your support in providing a healthy, safe and welcoming environment for everyone.

Best regards,

Tom Bolin

Tom Bolin
Executive Director
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