

To: Members of the YMCA of Callaway County
From: The YMCA of Callaway County Board of Directors

The YMCA of Callaway County is committed to providing a safe and enjoyable experience for our members, volunteers, staff and program participants. With the growing concerns about the potential spread of coronavirus and with the seasonal influenza (the flu) also being widespread, we are sharing some important information to keep you and your family healthy and prevent the spread of germs.

The Y is cleaned regularly by our maintenance staff and daily cleaning of equipment is done by Y staff to meet quality standards in place year-round that keep our facility clean and safe. Additionally, we are encouraging everyone to do their part in helping prevent the spread of germs and viruses. Please continue to wipe down machines after each use. The cleaning agents used by the YMCA are EPA approved to kill viruses like the flu and coronavirus.

Hand washing remains the most effective method of preventing the spread of germs, including coronavirus. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing.

Frequent hand washing and use of antibacterial hand sanitizer are encouraged and practiced throughout our programs by staff and children.

Additional everyday preventive actions to help prevent the spread of respiratory diseases like coronavirus, include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick until you have been free of fever for 24 hours.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

If you or a loved one are experiencing flu-like symptoms, including fever, cough and shortness of breath, please stay home, rest and contact your medical provider.

Additionally, we encourage everyone to regularly check the [CDC's website](#) regularly for important updates and safety information. The [American Academy of Pediatrics](#) also has helpful information specific to children and families.