



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

## **OUR ROLE:**

The YMCA of Washington County is committed to the safety and wellbeing of all its members and guests that come into our facilities as well as those participating in our classes & events. As such, we have been and will continue to monitor the spread of the Coronavirus (COVID-19) as it relates to our facilities and Washington County as a whole. YMCA staff are continuing to uphold the highest quality cleaning standards. Our team is heightening our cleaning services and focusing on frequently touched surfaces such as counters, door handles and knobs, phones, fixtures, and exercise mats and equipment. We are using a disinfectant and anti-viral solution that is designated as effective in preventing the spread of human coronavirus.

In an effort to ensure our current processes and policies align to create the healthiest environment possible for both our members and our staff, a team of leaders from departments across the organization are meeting regularly to monitor the situation. Leadership is taking direction from local, state and federal health officials regarding best practices for protecting the health of individuals of large groups in close proximity. **This includes recommendations regarding normal operating hours and program participation.** We urge people to visit the Iowa Department of Public Health <https://idph.iowa.gov/emerging-health-issues/novel-coronavirus> or the Center for Disease Control [CDC's](#) websites for updates and best practices for keeping you and your family safe and healthy.

## **YOUR ROLE:**

We encourage everyone to do their part in helping prevent the spread of viruses. Hand hygiene remains the most effective method of preventing the spread of germs, including coronavirus. Wash your hands with soap and water for at least 20 seconds, especially when visibly soiled, after going to the bathroom, before eating, and after blowing your nose, coughing or sneezing. Hand sanitizer with at least 60% alcohol may be used to clean hands when soap and water are not available. Additional everyday preventative 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.
- Do not come to the YMCA if you are ill, have a fever of 100 degrees or higher, are vomiting, have diarrhea or have a body rash of undiagnosed origin. (Must be fever free for 24hrs.)
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Use and properly dispose of personal items
- Clean and disinfect frequently touched objects, surfaces and equipment using a disinfecting 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.

