HEALTH PREPAREDNESS AT OUR HOCKOMOCK AREA YMCA
MARCH 5, 2020 MEMBER COMMUNICATION

Dear Hockomock Area YMCA Members:

We are committed to providing a safe and enjoyable experience for everyone who enters our YMCA doors. We are monitoring and staying informed of current health concerns and viruses. The risk for the influenza virus remains high this time of year. We all play a role in keeping our community healthy and preventing the spread of germs and illness.

As you may know, it was announced that there is a confirmed case of Coronavirus (COVID-19) in Massachusetts. The Center for Disease Control reports the risk to Massachusetts and Rhode Island residents remains low. Mass.gov is sharing up-to-date information as well. We are diligently following the recommendations of the CDC and Massachusetts Department of Public Health.

Please remember to use the following preventative measures to help stop the spread of germs:

- Wash your hands with soap and water for at least 20 seconds. Use hand sanitizer throughout our facilities when soap and water are not available.
- Avoid touching your eyes, nose and mouth.
- Cover your mouth when you cough or sneeze, using a tissue or the inside of your elbow.
- Stay away from people who are sick and stay home when you experience flu like respiratory symptoms.

Our YMCA leadership team is meeting on a daily basis and focused on reinforcing the following preventative measures at our YMCAs:

- We will continue to sanitize and disinfect our branch buildings thoroughly on a daily basis.
- We purchased and are currently using a new infection-prevention solution and electrostatic sprayer on a regular basis to disinfect surfaces for viral and bacterial germs. This new solution is both safe and effective.
- We are strongly encouraging people to wash their hands with soap and water on a frequent basis.
- Please use the provided disinfectant spray and towels to wipe down fitness equipment and mats after every use in our Health & Wellness Centers and Studios. Staff will also be disinfecting equipment throughout the day.
For further information, we encourage you to refer to the following links:

- Center for Disease Control & Prevention

- State Information

As more information, resources or guidance becomes available, our YMCA will be updating our website.

Sincerely,
Your Hockomock Area YMCA