



MAINTAIN A HEALTHY ENVIRONMENT

PROTECT YOURSELF AND PREVENT THE SPREAD OF ILLNESS

Follow these important guidelines from the CDC to protect yourself and others from getting and spreading respiratory viruses like the flu and Coronavirus (COVID-19):



Wash your hands frequently with soap and hot water for at least 20 seconds, especially before, during and after food prep or eating. If soap and water are not readily available, use hand sanitizer that contains at least 60% alcohol.



Cover your coughs and sneezes with a tissue and dispose of the tissue in the trash.



Clean frequently touched surfaces and objects like door knobs with household disinfectant on a regular basis. When at the Y, please use the provided sanitizing wipes to wipe down all equipment including mats, weights and machines after use.



Avoid touching your eyes, nose and mouth with unwashed hands.



Stay home when you or your child are sick or exhibiting early symptoms of sickness.



Be prepared and informed and check [cdc.gov](https://www.cdc.gov) for updates on the Novel Coronavirus.



Avoid close contact with people who are sick.