



Member/Visitor Notice: Coronavirus (COVID-19) Health and Safety Precautions

In addition to the usual flu season, we have all heard news of the Coronavirus COVID-19 beginning to spread in Canada. We understand people are worried.

Here at the YMCA, please know that we are asking the same question you are – *what can we do to stay safe?* It is important for each of us to understand what we can do as individuals to help keep ourselves, our families, and our community healthy.

Prevention is key with any type of flu virus.

In our facility, our staff work diligently to keep our facility clean and sanitary, every day, all year round.

At this time, we are taking additional precautionary measures to keep our facility safe, including:

- increasing the frequency of cleaning high touch areas such as door handles, accessibility buttons, railings, etc.
- encouraging more thorough handwashing and providing hand sanitizer as backup when soap and water is not readily available (at the Welcome Desk and at the Fitness Desk)
- asking all staff to regularly sanitize office spaces, keyboards, telephones, etc.
- asking staff to avoid any unnecessary travel as per the [Government of Canada guidelines](#)
- providing additional cleaning stations with spray bottles and cloths.

Safety Precautions

While it is always our priority to maintain a safe and healthy facility, it is ultimately up to each one of us to maintain proper hygiene. Proper hygiene is always important to protect yourself and others from becoming ill. You can help reduce your risk of infection by doing the following:

- **Wash your hands often, being sure to use soap and warm water, for at least 20 seconds**
 - use alcohol-base hand sanitizer if soap and water are not available
- **When coughing or sneezing:**
 - cough or sneeze into a tissue or the bend of your arm, not your hand
 - dispose of any tissues you have used as soon as possible in a lined waste basket and wash or sanitize your hands immediately afterward
- **Avoid touching your eyes, nose or mouth with unwashed hands**
- **Clean the following high-touch surfaces frequently with regular household cleaners or diluted bleach (1 part bleach to 9 parts water): toys, phones, bedside tables, toilets, electronics, door handles, television remotes, desks, tables, etc.**
- **Clean fitness equipment and machines both before and after use by spraying a cloth and wiping.**

The risk of contracting COVID-19 is low for Canada and generally low for Canadian travelers dependent on the destination. However, there are certain destinations that are a higher risk for travel. The Government of Canada provides travel information, and we ask our members to follow their guidelines found online, [here](#).

We can all do our part by keeping our hands washed, practicing good hygiene, and taking control of our own safety and well-being. If you are ill with a cold, flu or other viruses, please avoid contact with others. If you are concerned with your symptoms, or you think you may have been exposed to the Coronavirus, please contact your doctor immediately.