



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## A Message to Members/Parents

The Norwich Family YMCA is committed to providing a safe and enjoyable experience for everyone who enters our doors. There are growing concerns about the potential spread of coronavirus, and in an effort to keep you and your family healthy and prevent the spread of germs, we are sharing some important information.

Your Y is regularly cleaned by our staff and special care is taken by Y staff to meet quality standards in place year-round that keep our facility clean and safe. We purchased a special Clorox disinfecting and sanitizing machine several years ago and we are putting it to very good use throughout the facility every day. We have staff wiping down door handles and hard surfaces throughout the day, and we have purchased more hand sanitizing stations for the facility, but as you have experienced in your own home purchasing during this time there are many items on back order. Additionally, we are encouraging everyone to do their part in helping prevent the spread of germs and viruses through self-care (hand washing, covering mouth when sneezing or coughing, wiping down equipment, using hand sanitizers, staying home when not feeling well, etc.)

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've 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.

While no one can predict with certainty how the United States will be impacted by coronavirus, we are monitoring the situation and preparing for the possibility that our daily program and work routines could be temporarily impacted if the situation significantly worsens. We will keep all members and participants updated with information as it develops.

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