



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Health & Safety Update Coronavirus (COVID-19)

All,

The health of our members, staff, guests, volunteers and community are not only a top priority, but it's part of our mission.

As reports of the Coronavirus or COVID-19 continue to make headlines, we wanted to make sure you have access to the latest information regarding the steps the YMCA of Metropolitan Dallas takes to help prevent illness in its facilities.

We are monitoring information from the Centers for Disease Control and Prevention (CDC) and state health officials to ensure the safety of our members, employees, guests and children in our care.

In situations such as these, we prefer to go directly to the experts on health and disease prevention. Here are several helpful links to information about the coronavirus.

[Dallas County Health and Human Services](#)
[Centers for Disease Controls and Prevention | Home](#)
[Confirmed Cases in the United States](#)
[Prevention](#)

Although there is no immediate risk to YMCA facilities, please know that the YMCA of Metropolitan Dallas is prepared if an emergency were to occur. We continue to monitor COVID-19 information from local and national health officials to ensure the health and safety of our members, staff and guests.

WHAT YOU CAN DO

The best way to prevent illness is to practice healthy habits. As a reminder, the CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- 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.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial

for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).

- 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.
 - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

WHAT THE YMCA IS DOING

- Providing disinfectants, sanitizers and gym wipes throughout our facilities
- Staff members disinfect surfaces on a regular basis throughout the day
- Encouraging staff to stay home if ill
- Childcare staff work with parents to ensure the healthy environment policy is followed
- Nightly cleaning crews disinfect surfaces and equipment thoroughly
- Asking that all staff, members and guests follow the **3 C's (COVER, CLEAN, CONTAIN)** when sneezing or coughing to stay healthy and help stop the spread of coronavirus, influenza and other illnesses.
- Providing signage in all facilities called "**Keeping Communities Healthy**" and "**3 C's**" as visual reminders for staff, members and guests

We will continue to monitor developments related to this issue and communicate updates with you as necessary.

Thank you,



Curt Hazelbaker
President and CEO
YMCA of Metropolitan Dallas