



Coronavirus Message from the YMCA of Greater Hartford

The Connecticut Department of Public Health and the national Centers for Disease Control and Prevention (CDC) are closely monitoring an outbreak of a respiratory disease commonly known as the coronavirus, or COVID-19.

As the first cases are confirmed in the state of Connecticut, the YMCA is taking additional steps to ensure the safety of our members, program participants, and staff:

- Our facilities are cleaned daily. YMCA staff has increased frequency of cleaning high-trafficked surface areas, including the Welcome Center desk, tables, exercise equipment, bathrooms and more. Staff are paying extra attention to sanitizing counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, light switches, keyboards and toys.
- The YMCA has added additional hand sanitizing stations throughout its facilities, and has added additional equipment-cleaning stations in Wellness Centers.
- Child Watch and Amazing Kids rooms are being sanitized frequently, particularly tables and toys, which are being washed multiple times each day.

In addition to our additional precautions, it is important to follow recommendations by the CDC to protect yourself:

- Wash your hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer. Always wash your hands while preparing food, before eating, after using the toilet, after blowing your nose or coughing, after handling animals and pets, and after touching garbage.
 - The YMCA is adding hand sanitizer dispensers in additional locations throughout our buildings to assist with increasing hand cleaning.
- Avoid touching your eyes, nose and mouth.
- Cover your cough or sneeze with a tissue, and then dispose of the tissue.
- Frequently disinfect touched objects and surfaces.
 - In our YMCA Wellness Centers, it is expected that members wipe down equipment with provided towels and spray after every use.
- Stay home if you are sick, and avoid close contact with people who are sick.
 - The YMCA frequently sanitizes our Child Watch and Amazing Kids rooms. Please note that the YMCA has guidelines that do not allow children who are currently ill to attend babysitting or Child Care.

For further information, please use the following links:

- [Connecticut Department of Public Health website on Coronavirus](#)
- [Centers for Disease Control and Prevention website on Coronavirus](#)