



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

A Message to our Members, Staff, and Volunteers

The River Valley Regional YMCA is committed to providing a safe and enjoyable experience for everyone who enters our doors. With the increased media attention and heightened awareness of the coronavirus in mind, along with it being peak cold and flu season, we are sharing some important information in an effort to keep you and your family healthy and prevent the spread of germs.

Our Y is taking extra precautions to help keep everyone healthy. In addition to our normal cleaning routines, each of our branches have implemented frequent cleaning of areas like door handles, fitness equipment, hand rails, tables/countertops, and other common "high-touch" items, are enforcing hand hygiene, and are asking our staff and community members who feel sick to please stay home.

We are also encouraging everyone to do their part in helping prevent the spread of germs and viruses.

- Wash your hands often with soap and water for at least 20 seconds
- Avoid touching your eyes, nose, and mouth
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Wipe down your piece of equipment before and after use
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Stay home when you are sick until you've been free of fever for 24 hours.

Additionally, we encourage you to regularly check the [CDC's website](https://www.cdc.gov/coronavirus) and the PA Department of Health at <https://www.health.pa.gov/topics/disease/Pages/Coronavirus.aspx> for important updates and safety information.

Sincerely,

Chad Eberhart
Chief Executive Officer
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