



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.

Person-to-person spread of the virus is a concern, and is thought to primarily occur via respiratory droplets from coughs and sneezes from an infected person.

The CDC recommends the following measures 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 animal products, 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.
- 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.
- In our YMCA Wellness Centers, it is expected that members wipe down equipment with provided towels and spray after every use.

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](#)