



## Keeping Our YMCA Healthy

A Message from Tom Beerntsen, CEO

At the Door County YMCA, we take your health and safety very seriously. The respiratory illness Coronavirus has spread across the world, and now officials in the U.S. have warned that we might see an outbreak across the United States. When a serious health issue arises, our team comes together to reassess our strategies to keep our members and staff healthy.

We understand people may worry about the new Coronavirus. In today's connected world, an outbreak anywhere can be a risk everywhere. Risk is dependent on exposure.

While Centers for Disease Control (CDC) considers the Coronavirus a serious situation and is taking precautions, the immediate risk in the U.S. is considered low. Basic hygiene is the best thing you can do. Everyone should always take simple daily precautions to help prevent the spread of all respiratory illnesses:

- Wash your hands for at least 20 seconds with soap or use a hand sanitizer that contains alcohol.
- Sneeze and cough into tissues. If you get mucus or spit on your skin, clean it off right away. Avoid touching your face with unwashed hands.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick, especially people exhibiting respiratory symptoms and fever.
- Stay home when you're sick.
- Regularly and thoroughly clean surfaces, such as counter-tops and doorknobs, with a disinfectant.

The Coronavirus is spread through respiratory vapor, such as when someone sneezes or coughs into the air around you. Influenza viruses and common cold viruses are also spread this way.

**At the Door County YMCA, these are some precautions and actions we are initiating:**

- YMCA staff that are ill will be sent home and asked to stay out of work until they are symptom-free.
- We are asking members & guests who may be ill with a contagious condition to stay home and return to the Y when they are feeling better. Children in our childcare program exhibiting cold or flu-like symptoms will be sent home.
- We are asking members and guests who have traveled to or have had contact with people who have traveled to CDC identified high risk areas (Level 2 or Level 3) within the last 14 days to stay home and not return to the Y until 14 days from the last contact with anyone at risk or last symptoms. <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>
- As has been the policy, children in our Barker Child Development Center are required to stay out of school a minimum of 24 hours after being deemed symptom-free.
- Additional hand sanitizer and Virex anti-virus spray and towels have been placed around the facility for members. Public Restrooms are available for hand washing.
- We are asking all members to clean equipment BEFORE and AFTER workouts, with the antibacterial spray bottles and paper towels that we provide.

If you have questions, please feel free to reach out to me at [tbeerntsen@doorcountyyymca.org](mailto:tbeerntsen@doorcountyyymca.org).

Thank you in advance for your cooperation!  
Tom Beerntsen, CEO

For more current information please visit the CDC website.

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*We engage and connect all people in pursuit of well-being and a vibrant, healthy and welcoming community.*