



Keeping Our YMCA Healthy

A Message from Jeff Scheibel, President & CEO

Dear Members and Program Participants,

At the YMCA of Metropolitan Lansing, we take 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 staff 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. The Centers for Disease Control (CDC) continues to believe the risk to the U.S. public is currently low.

Additional everyday preventive actions to help reduce the spread of respiratory diseases like coronavirus, include:

- Avoid close contact with people who are sick.
- Wash hands frequently with soap and water.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick until you've been free of fever for 24 hours.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash hands immediately.
- Clean and disinfect frequently touched objects and surfaces.
- If you are traveling, remind yourself to take these precautionary measures with you. Stay up to date on the latest spread of the virus and consider the difficulties you may encounter in returning home, especially when traveling internationally. If you are traveling to an [affected level 3 or 4 country](#), we encourage you to follow CDC guidance about self-isolation; stay home for a period of 14 days upon your return and seek medical attention if you experience fever, coughs, or difficulty breathing.

The YMCA will continue to work with our cleaning supplier and monitor our cleaning routines.

If you or a loved one are experiencing flu-like symptoms, including fever, cough and shortness of breath, please stay home, rest and contact your medical provider.

While no one can predict with certainty whether the United States will be severely impacted by coronavirus, we are monitoring the situation and preparing for the possibility that our daily program and work routines could be temporarily impacted if the situation significantly worsens.

Additionally, we encourage you to regularly check the [CDC's website](#) for important updates and safety information and follow the recommended protocols.

Thank you for your help and support on keeping our YMCA safe and healthy.

Jeff Scheibel - President & CEO



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