



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Coronavirus Message from the YMCA of Montclair

We expect to see an increase in colds, viruses, stomach bugs and the flu in our facilities and communities during winter. This season, however, we face a new and serious health concern with the coronavirus.

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

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

The CDC recommends the following measures to protect yourself:

- Frequent handwashing with soap and water for at least 20 seconds or using an alcohol-based hand sanitizer.
- 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.

Measures we are taking at the Y:

- The YMCA is adding hand sanitizer dispensers in additional locations throughout our buildings to assist with increasing hand cleaning.
- The YMCA is bringing on additional floor staff to wipe down machines for the next few weeks.
- The YMCA frequently sanitizes our Child Watch and Exercise 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, it is expected that members wipe down equipment with provided towelettes after every use.

Please be mindful that the virus has spread to many locales including the United States. Treat each other with respect and care regardless of race or national origin. Thank you for working with us to ensure our YMCA community is safe and welcoming.

For further information, please use the following links:

[State of New Jersey Department of Public Health website on Coronavirus](#)
[Centers for Disease Control and Prevention website on Coronavirus](#)
[Just for Kids: A Comic Exploring the New Coronavirus](#)
[Get the Facts On Coronavirus CBC News \(Video\)](#)