

## **Dear YMCA members and parents**

As the first presumptive case of COVID19 appears in the province, we want to reassure your safety is paramount and would like to address questions you might have:

Currently, the Saskatchewan Health Authority states contracting the virus is low and is asking people to practice primary prevention by focusing on the following:

### **Hand Hygiene**

Proper handwashing with soap and water is an important barrier to many infectious diseases and promotes better health and well-being and handwashing is one of the most practical and effective ways of preventing the spread of disease" (World Health Organization as quoted by College of Registered Nurses of Manitoba, 2010).

### **Personal Protective Measures**

Avoiding crowds and practicing respiratory hygiene and cough etiquette can help reduce the spread of respiratory illnesses:

- cover the nose and mouth when coughing or sneezing;
- tissues should be used to contain secretions and should be properly disposed of at the earliest opportunity;
- practice hand hygiene after handling items that may be contaminated with respiratory secretions.
- Avoiding sharing of personal items (eating/drinking utensils, towels, toothbrushes, etc.) may reduce the risk of transmission of bacteria and viruses. Bacteria and viruses that cause respiratory illness may survive on hard non-porous surfaces and be transmitted to others, via hand contamination and self-inoculation. These surfaces should be cleaned and sanitized on a regular basis, especially when people are sick.

### **Machines and Equipment**

As per cautionary we are asking all members of the facility to wipe all machines, mats, and other fitness equipment prior to use and after you are finished.

At the YMCA in the facility we use a NeutraQuat 256™ Germicidal Detergent made by Pioneer Eclipse. This product is hospital grade quality and accordingly to the manufacture have demonstrated efficacy against Human Coronavirus.

We also have various sanitizer stations around the facility, when entering and exiting the building please use these stations for your protection and others as well.

Thank you for help and support in this matter

**YMCA Management**

*Building healthy  
communities*



ATTENTION