



CORONAVIRUS PRECAUTIONS

We are working closely with the Human Services Department to ensure we have the most current and accurate information to help protect our members from the spread of any illness.

According to the CDC, the immediate risk is considered low for the general American public. The best way to protect ourselves against respiratory illness, including COVID-19 is to:



Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.



Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.



Clean your hands with soap or sanitizer.

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.



Avoid touching your eyes, nose or mouth.

GermS are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



Practice good health habits.

Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, drink plenty of fluids, and eat nutritious food.

Hand sanitizer and sanitizer wipes are available throughout the YMCA of Springfield facilities and visitors are encouraged to wash their hands before and after their visits to the Y.

This is a rapidly evolving situation and planning is currently underway in the event the situation escalates. We will continue to follow the guidance of the CDC and HSD in executing emergency response plans.

If you have any questions or concerns, please contact the IDPH Coronavirus hotline at 1-800-889-3931 or email dph.sick@illinois.gov.