

Keeping Clean

Concerned about Swine Flu, or the spreading of other diseases?

Here's what your YMCA is doing to prevent the spreading of germs and how you can help.

Being a public facility and having hundreds of visitors each day the YMCA staff already have a rigorous routine of cleaning & sanitizing all equipment, floors, restrooms & public areas.

However, recent headlines regarding the Swine Flu have led the YMCA of Central VA to take a proactive stance and will be adding 8 new hand sanitizing stations throughout the YMCA as well as additional cleaning checklists. You can help maintain a clean facility as well by following the steps below;

- ◆ *Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after you use it.*
- ◆ *Wash your hand often with soap and water or hand sanitizer often, especially after you cough or sneeze.*
- ◆ *Avoid touching your eyes, nose or mouth, germs spread that way.*
- ◆ *Influenza is thought to spread mainly person to person through the coughing or sneezing of infected people*
- ◆ *If you get sick, it's recommended you stay home and limit contact with others to keep from infecting them.*



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