

SAFEGUARDING OUR HEALTH



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Maintaining A Healthy Environment

The YMCA of Central Ohio is committed to safeguarding the health of our members and staff. We are closely monitoring information about the flu and respiratory disease from the Center of Disease Control and the Ohio Department of Health, and also follow their prevention guidelines to help keep our facilities clean and community safe.

Below are some healthy habits for everyone to practice.



WASH
your hands



CLEAN
equipment before & after each use



PROTECT
hands with sanitizer



STAY UPDATED
with the latest information

More ways to keep you & your community safe:

- **Wash your hands frequently with soap and hot water for at least 20 seconds**, especially before, during and after food prep or eating. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- **Protect others by cover your mouth and nose** when sneezing and coughing.
- **Take care of yourself**, and know that it is better for everyone's sake to stay home when you are sick.

- **Be prepared and stay informed** by checking the Ohio Health Department and the CDC for updates.



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