Message #1

Important Message for New Jersey YMCA Community (COVID-19)

Dear Valued YMCA Members, Participants and Community Residents,

During this unprecedented time, the New Jersey YMCAs are committed to supporting our community in every way we can.

The New Jersey YMCAs are working to understand how best to serve in this rapidly changing environment. Local Ys are closely monitoring the global pandemic, following recommendations from our federal, state and local government agencies, local health officials and the Centers for Disease Control (CDC).

To determine if your local Y is open, closed or providing essential services, we request that you access the local Y website.

We sincerely apologize for any inconvenience, and thank you and your family for your patience and understanding. If your Y is open and providing essential services, please be assured that Y branches are receiving deep cleaning including a full sanitization based on CDC recommendations.

The mission of the YMCA is to serve and strengthen all in our communities. As part of our commitment to social responsibility, we do not take this measure lightly.

Keeping Our Communities Safe

If you or a loved one are experiencing flu-like symptoms, including fever, cough, and shortness of breath, please stay home, rest, and contact your medical provider. Additional everyday preventive actions to help prevent the spread of respiratory diseases like COVID-19 and the flu include:

➢ Avoid close contact with people who are sick.
➢ Avoid touching your eyes, nose, and mouth.
➢ Stay home when you are sick until you’ve been free of fever for 24 hours.
➢ Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

➢ Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

➢ Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available

Please continue to check with the New Jersey Department of Public Health and the national Centers for Disease Control and Prevention (CDC) for the most up to date information regarding COVID-19.

Thank you for working with us to ensure our YMCA communities remains safe and healthy.

Darrin W. Anderson, Sr., PhD, MS
Executive Director/CEO
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