

## **CORONAVIRUS (COVID-19)**

The Family Life Center Staff has been monitoring updates and responding according to The World Health Organization: WHO, <https://www.who.int/> , Center for Disease Control and Prevention: CDC, <https://www.cdc.gov/> and California Department of Public Health: <https://www.cdph.ca.gov/> recommendations.

In light of recommendations we have received we will be cancelling all group and individual fitness activities at the Dr. Ephraim Williams Family Life Center. This is effective March 16 – May 8, 2020.

We are modifying our hours of operation. The new hours are:

Monday – Friday, 9:00 am – 6:00 pm

We encourage you to take some time to understand proper prevention measures to avoid spreading the virus by reading through the CDC recommendations below.

### **Here are some of the basic measures listed on the CDC website:**

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- 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, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if your hands are visibly dirty.