



## **The YWCA is prepared for the upcoming flu season!**

With the flu season approaching, the YWCA of Sioux Falls is ready with a plan in place to respond to any infectious illness outbreak.

1. The YWCA is monitoring the status of the H1N1 influenza and is prepared to comply with any recommendations from the South Dakota Department of Health or Federal health authorities.
2. As part of daily operations, best practices in safety and hygiene are followed at all our facilities on a regular schedule, including:
  - a. Fitness Facilities: Cleaning and disinfecting throughout our gym facilities and at each of our buildings. Our cleaning protocols meet and exceed standards required in the Health and Fitness industry.
  - b. Children's Centers: All cleaning products and protocols meet stringent standards required by both state and federal agencies for childcare licensing. All surfaces are disinfected and all toys are sanitized regularly.
3. YWCA staff and teachers are modeling common sense health practices like frequent hand-washing, and covering your nose and mouth when coughing or sneezing.

During this time, we encourage all of our members, families and children to be especially vigilant in practicing healthy behaviors.

H1N1 influenza symptoms are similar to seasonal flu. Be alert for these signs:

- fever (above 100°F)
- cough
- sore throat
- stuffy nose
- in some cases diarrhea and vomiting

CDC Guidelines on Ways to Keep You and Your Family Healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective – needs to contain 60% alcohol.
- Avoid touching your eyes, nose or mouth.
- If you get sick, stay home from work and limit contact with others.

Learn more at <http://www.flu.gov/>.