

Working Together to Stay Healthy

Thanks for your patience surrounding the coronavirus (COVID-19) situation as it is rapidly evolving. Due to Coronavirus (COVID-19) public health concerns, the Wellness Center is taking precautionary measures to ensure the safety of our members and their families.

Immediate Steps We Are Taking

Suspending the following spring activities/programs until further notice:

- Swim Lessons at the Watson Wellness Center and the Associate Wellness Center
- Sports League Play at the Watson Wellness Center and the Associate Wellness Center

Additional communication details will be provided to registered participants impacted by these changes.

Increasing our cleaning protocols:

- More frequent deep cleanings throughout the day.
- Continuing to encourage our members to wipe down all equipment — mats, benches, free weights, cardio and strength machines, etc. — **before and after they use them.**
- Asking members to please refrain from coming to the wellness center if they are not feeling well, as is always the case when it comes to illness, for their own good and in consideration of others

Steps We Encourage You To Take

Follow the CDC's recommendations to help prevent the spread of viral illnesses, including:

- 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 available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who 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.

Thank you again for your patience surrounding the coronavirus (COVID-19) situation. Our highest priority is to ensure members are safe while supporting their health and wellbeing. At this time, there are no plans to close the Wellness Center. Please know we are monitoring the situation closely and will provide updates as the situation evolves.