



**BOYS & GIRLS CLUBS**  
OF HUNTINGTON VALLEY

Dear Parents,

Our commitment to keeping the young people we serve safe is always our number one priority. Following the Coronavirus disease (COVID-19) outbreak, it's important that you know that the Boys & Girls Clubs of Huntington Valley is doing everything possible to keep your child, our staff, and volunteers protected from its spread. We are also closely monitoring reports from the Centers for Disease Control and Prevention (CDC), our School Districts, and our local health department for all updated information.

**As a reminder, we recommend these preventive actions every family should take to prevent exposure to COVID-19, influenza, and other viral airborne infections.**

- **Avoid close contact with people who are sick.**
- **Avoid touching your face** - eyes, nose, and mouth.
- **Cover your cough or sneeze** with a tissue, then throw the tissue in the trash.
- **Stay home when you are sick.**
- **Clean and disinfect frequently** touched objects and surfaces using a disinfectant cleaning spray or wipe. **Club sites are now doing this several times a day with Simple Green dPro5 that has been laboratory tested to kill the COVID-19 and the influenza virus.**
- **Follow CDC's recommendations** for using a facemask:
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19 and influenza.
  - Facemasks should be used by people who show symptoms of COVID-19, influenza, and other viral airborne infections to help prevent the spread of the disease to others.
- **Wash your hands often:**
  - 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.
  - It takes an average of 11.8 seconds to sing the entire *Happy Birthday* song, so if you sing it twice, which will ensure you've scrubbed long enough. This is a great method to share with children in your family. While this measure is simple, it is effective.
  - 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 hands are visibly dirty.

**At this time, there is no evidence that children are more susceptible.** Children should engage in usual preventive actions to avoid infection, including cleaning hands often using soap and water or alcohol-based hand sanitizer, avoiding people who are sick, and staying up to date on vaccinations, including influenza vaccine.

Should you have any questions or concerns about this or any other matter, please do not hesitate to stop by our front office. Our commitment to you and your children is unwavering.

# NOVEL CORONAVIRUS

## WHAT YOU SHOULD KNOW

**Novel Coronavirus** is a new virus that causes respiratory illness in people. This virus was first identified in Wuhan, Hubei Province, China.

### How is it spread?



Coughing and sneezing



Close contact with people, such as touching or shaking hands



Touching an object or surface that has the virus on it, then touching your mouth, nose, or eyes.

### What are the symptoms?



Fever



Cough



Shortness of breath or difficulty breathing



Severe illness (sickness)

### How can I help protect myself?

**Wash your hands** often with soap and water.

**Avoid touching face** with unwashed hands.

**Avoid close contact** with people who are sick.

**Stay home** when you are sick.

**Cover your cough or sneeze** with a tissue, then throw it in the trash.

**Clean and disinfect** frequently touched objects and surfaces.

### What should I do if I traveled to a country with widespread sustained transmission of COVID-19?

**If you feel sick with fever, cough or have difficulty breathing within 14 days after traveling to a country with widespread transmission of COVID-19, you should:**

- Seek medical care. Before you go to a doctor's office or emergency room, call ahead and tell them about your recent travel and your symptoms.
- Avoid contact with others.
- Not travel while sick.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. Use an alcohol-based hand sanitizer if soap and water are not available.



Visit the CDC website for current Risk Assessment Level for affected countries, <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.



For more information, please visit [www.ocalthinfo.com/novelcoronavirus](http://www.ocalthinfo.com/novelcoronavirus) or call the OC Health Care Agency's Health Referral Line at (800) 564-8448.