



Instinct Family

We want to send some information about a few preventive measures we are taking about the Coronavirus.

For our facility

- Every 45 minutes our front desk managers are spraying Lysol and wiping n the doors handles
- We are also doing the same for the water fountains
- Our employees are washing their hands every time they touch anything, food, drinks, cashier, phone etc...
- Before we leave we spray Lysol on tables, chairs and surfaces.
- We found 8 bottles of Lysol (we can not find anywhere else) and will continue this process until we are out of Lysol.
- Unfortunately we cannot find hand sanitizer anywhere.

Athletes and coaches

- Will not be allowed to high five at anytime
- Kids will have regular breaks every 30 minutes to wash their hands, best if they can bring from home their own hand sanitizer
- No hugs
- If a kid / coach / parent starts coughing or sneezing during practice, we will advise her/him to please go back home

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#spreads>

Notes from web search:

For now, just stick to the basics, Moorcroft says. The coronavirus is spread through respiratory vapor, such as when someone sneezes or coughs into the air around you. Influenza viruses and common cold viruses are also spread this way.

"The things you should do to protect yourself from the coronavirus are things you should do every day," he points out. "The no. 1 thing you can do to prevent any respiratory illness is to practice good personal hygiene."



- **Wash your hands with soap** or use a hand sanitizer that contains alcohol.
- Sneeze and cough into tissues or the crook of your elbow. If you get mucus or spit on your skin, clean it off right away. Avoid touching your face with unwashed hands.
- Avoid close contact with people who are sick, especially people exhibiting respiratory symptoms and fever.
- Stay home when you're sick.
- Regularly and thoroughly clean surfaces, such as counter tops and doorknobs, with a disinfectant.

On top of basic illness prevention, Moorcroft says the best (and only real) defense against disease is a strong immune system. Your body is better able to fight off illnesses when your immune system is really humming, he explains, and everyone should put in an effort to get theirs into tip-top shape. To do so, get enough quality sleep at night, stay hydrated, minimize overly processed foods, and get enough micronutrients in your diet.

Washing your hands is still better than using hand sanitizer, but both help prevent the spread of disease.

Hand sanitizers are a convenient way to clean your hands when soap and water aren't available. Often used on the go, hand sanitizers contain ethyl alcohol, isopropyl alcohol or both to kill bacteria and viruses on your hands. Alcohols have long been known to kill germs by denaturing the protective outer proteins of microbes and dissolving their membranes.