



Dear Valdosta-Lowndes County Family PrimeTime Parents/Guardians,

**RE: Coronavirus (COVID-19)**

Effective Monday, March 16<sup>th</sup> through Friday, March 27<sup>th</sup> both Lowndes County and Valdosta City Schools are closed following Governor Brian Kemp's news conference where he addressed the state's growing concerns of the Coronavirus. As such, the YMCA PrimeTime programs will be suspended during this time.

After extensively consulting with state and local officials and following the recommendation of the Georgia Department of Public Health to limit events with close contact, holiday camp will not be available. Making this decision is not an easy one. However, given the uncertainty of the rapidly changing situation with COVID-19, we know this is the best plan of action for protecting our community.

Our hearts go out to those who are affected by the Coronavirus within the country, state and local community. We are continually monitoring and assessing the situation so that we may provide needed support. Y updates are readily available on our social media and website [www.valdostaymca.org](http://www.valdostaymca.org). We encourage you to visit The Georgia Department of Public Health (DPH), <https://southhealthdistrict.com/covid19/> and follow their guidelines and recommendations.

Most importantly if you are feeling sick:

- Check your temperature
- Stay home until your fever has passed
- Practice the 3 C's – Cover, Clean & Contain (visit [CDC.gov](http://CDC.gov) for more info.)

The YMCA is open for membership as usual to include 24 Hour Fitness Zones, Group X classes and the 25-Meter pool.

Please stay safe, practice good hygiene and remain positive as we conquer this situation.

Yours in health,

Lawrence S. Tobey, III  
President/CEO  
Valdosta-Lowndes County Family YMCA

**FOR YOUTH DEVELOPMENT®**  
**FOR HEALTHY LIVING**  
**FOR SOCIAL RESPONSIBILITY**

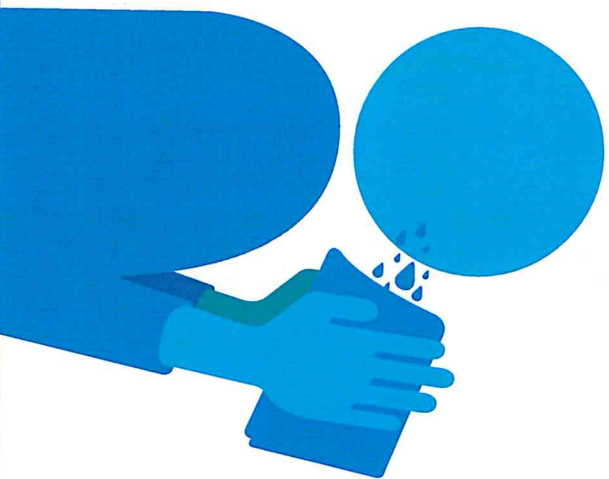


# REMEMBER THE 3 C'S!

Stay healthy and help stop the spread of coronavirus, influenza and other illnesses by following the 3 C's:

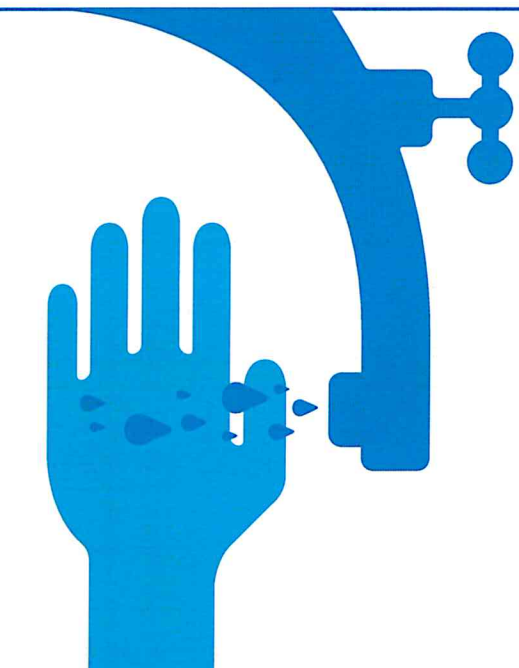
## Cover

Cough into the crook of your elbow or into a tissue that is immediately thrown away.



## Clean

Frequently wash your hands with warm water and soap for 20 seconds—about the time it takes to sing Happy Birthday twice.



## Contain

Stay home when you are sick until you have been free of fever for 24 hours.



Visit [cdc.gov](https://www.cdc.gov) for additional information.

For a better us.