



## Prevention & Treatment

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventative actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you 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 using a regular household cleaning spray or wipe.
- Follow CDC's recommendations for using a facemask.
  - o CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - o Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- 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.
  - o 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.

For information about handwashing, see CDC's Handwashing website.

For information specific to healthcare, see CDC's Hand Hygiene in Healthcare Settings.

These are everyday habits that can help prevent the spread of several viruses. CDC does have specific guidance for travelers.



## Coronavirus Plan

The Centers for Disease Control and Prevention recommend we all take sensible steps to protect ourselves and others. This is essential to slow down the spread of any virus. When participating in our martial arts instruction you acknowledge you are responsible for safeguarding yourself and the others in the studio.

Here is what we will be doing:

1. Everyone must stay home when sick, this includes
  - a. Students
  - b. Parents
  - c. Staff
2. All touch surfaces will be disinfected throughout the day.
3. Floors will continue to be disinfected throughout the day.
4. Hand-washing practicing will continue to apply for students and staff:
  - a. Before class.
  - b. After using the restroom.
  - c. After blowing nose.
  - d. After coughing or sneezing.
5. Faces should be covered when we cough or sneeze; tissues should not be reused; they should immediately be thrown in the trash.
6. As we are entering spring, there will be plenty of coughing and sneezing. It is vital that we do not pass off coughing, sneezing, congestion as allergies. For the safety of everyone, proceed as if you have a virus.
7. We ask all parents and students to advise us when they will be traveling.
  - a. When you will be going.

- b. Where you will be going.
  - c. How long you will be gone.
  - d. We will compare destinations to COVID-19 hotspots.
8. We cannot monitor social distancing during martial arts training. Student participation in class means you are accepting the risk of potential proximity to other students, staff, and parents in the studio.

We appreciate you doing your part to keep everyone healthy and strong.

The Centers for Disease Control recommendations are found here: <https://www.cdc.gov/>