



Hello Team Members,

As valued employees of the Fraser Valley Metropolitan Recreation District (FVMRD) we care about your health and wellness. In light of the continued spread of COVID-19 we would like to share some information about the virus, the Center for Disease Control (CDC) recommended actions, and specific actions the FVMRD is taking to mitigate the spread of the virus.

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads.

<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

The FVMRD has adopted the recommended CDC preventative measures for staying healthy in the workplace including:

- Promote frequent and thorough hand washing for 20 seconds using hot, soapy water or using an alcohol-based disinfectant gel containing at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Require employees who are sick or are exhibiting signs of a fever, persistent cough, or respiratory distress to stay home until all symptoms have been gone for at least 24-48 hours.
- Use respiratory etiquette, including covering coughs and sneezes with a tissue or with your elbow or shoulder when tissues aren't available.
- Maintain regular housekeeping practices, including routine cleaning and disinfecting of surfaces, equipment, and other elements of your work space and environment.
- Discourage workers from using other workers' phones, desks, offices, or other work tools and equipment, when possible.
- Encourage fist bumps, or even better elbow bumps over handshakes or high-fives.
- Avoid close contact with people who are sick.
- Stay home and/or consider work-from-home options, if available, if anyone in your home has been diagnosed with COVID-19.
- Encourage employees to self-monitor for signs and symptoms of COVID-19 if they suspect possible exposure and to report to your supervisor when they are sick or experiencing symptoms of COVID-19.

In addition to our regular practices, the FVMRD, has incorporated the following measures to help guard against the spread of COVID-19:

- Frequently clean and disinfect all surfaces and equipment and other areas that patrons and staff utilize.
- Placing additional signage throughout all facilities to encourage hand washing and wiping down equipment before and after use.
- Placing additional antibacterial soap or alcohol-based disinfectant gel dispensers in guest and employee areas.
- Having all managers assess their workplaces together with their teams to identify surfaces at risk of contamination, and we will supply disinfectant wipes or supplies for employees to wipe down those workstations prior to using the equipment.
- Closing any facility immediately upon being notified by the Health Department or other Governing body, that we have been identified as a possible contamination site for 24 hours to begin deep cleaning and disinfection procedures recommended by the CDC. Once the facility has been thoroughly cleaned and disinfected, the facility will be reopened to the public and staff.

We will continue to closely follow the guidance provided by the CDC, as well as state and local governments, east grand school district and public health officials. Our Safety and Risk Management Committee is meeting regularly to discuss any further actions necessary to protect the safety of our employees and guests with respect to COVID-19.

More information is available at: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

We will keep you updated on our “about us” page on our website, <https://www.fraservalleyrec.org/about/>

Thank you,

Ann McConnell

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