California YMCA Youth & Government is working to ensure our delegates continue to have a safe and nurturing environment in which to learn. Knowing there is a growing concern about COVID-19, we have created an informational page on steps California YMCA Youth & Government and our facility partners will be taking to minimize the effects of spreading germs during our Model United Nations Training Conferences.

**California YMCA Youth & Government will implement the following practices prior to and throughout the conference:**

- We are asking that all youth participants, volunteers and staff arrive well rested, nourished and hydrated.

- To limit the spread of any communicable disease, we are instituting a no illness policy. Should a delegate arrive to training or summit not feeling well, a parent will be notified to come and pick up their delegate (at their own expense). The delegate will be quarantined until a parent or guardian arrives.

- All delegation advisors will be provided hand sanitizing wipes to provide to delegates throughout the day.

- Hand washing flyers will be posted in all cabins, rooms and common areas. [Stop Germs! Wash Your Hands](#)

- All facilities will be sanitized daily.

- All food service personnel will follow the CDC standard regulations.

- Delegates will be reminded **NOT** to share **ANY** food or beverages.

- Implementation of head to toe sleeping in all cabins and sleeping rooms.

- Any ill delegate will be kept isolated until a parent or guardian can pick them up.

- First Aid personnel will be on hand and easily accessible at all trainings and conferences.
The CDC has provided us with the following important information which we feel is valuable to share:

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, the CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

- 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.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- 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.
  - 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 on CDC coronavirus facts. [Corona Virus vs Flu](#)

For information about handwashing best practices. [Hand Sanitizer Fact Sheet](#), [Wash Your Hands Fact Sheet](#)

Please help us keep our delegates safe this cold and flu season. For additional information on cold and flu prevention, please visit the [CDC website](#).