

March 16, 2020

Mission Fitness at the MCH Center for Health and Wellness considers the health and wellness of our members and employees a top priority. In response to the Covid-19 virus and public health concerns, **Mission Fitness will be closed on Tuesday, March 17th until Monday, March 30th** at the direction of Medical Center Hospital. At that time, we will reassess the situation to determine how to proceed moving forward.

In the meantime, we encourage each of you to help keeping our community healthy. The Center for Disease Control recommends the following precautionary measures and guidelines to help keep you healthy and prevent the spread of the virus.

- Wash your hands with soap and water for a minimum of 20 seconds.
- Use an alcohol based hand sanitizer.
- Keep away from others that are sick.
- If you have symptoms, it is recommended that you contact your personal physician. You may not need to be tested and told to stay home for up to 14 days to prevent the spread of the virus, even though you may not show immediate symptoms.
- Stay up to date on the information relating to the virus.

Because this is a fast moving and ever changing situation, we will be diligent in following official recommendations from the Ector County Health Department, the state of Texas and the CDC. These public health authorities reinforce health protections.

Below is a resource on the latest developments from the CDC. We encourage everyone to stay up to date.

https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fguidance-prevent-spread.html

Please know that this is not a decision that we take lightly and the health of our membership and our community is of utmost importance. Please look to the Mission Fitness Facebook page, the Mission Fitness webpage and your email for future updates. Thank you for being a valued member of Mission Fitness.

Please call 432.640.6400 between the hours of 8:30am and 4:00pm should you have any questions.

