



Louisiana Athletic Club Members and Staff,

First and foremost, I want to assure all LAC members, your health is our top priority. Our management team is already taking steps to increase cleaning duties in all areas, with primary focus on childcare, all fitness areas, facility bathrooms, and both locker rooms. The equipment wipe dispensers are available around the Club for you to disinfect equipment **before and after** your use. We also have hand sanitizer available for your use.

I also recommend all members follow the [CDC's recommendations](#) on preventive hygiene methods:

- Wash your hands with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer if soap and water are not available.
- Avoid touching your face, eyes, or nose as much as possible.
- Cover your mouth or nose with a tissue or shirtsleeves – not your hands – when coughing or sneezing.
- Avoid close contact with people who are sick.
- If you are sick please stay home.
- We encourage you to seek medical attention if experiencing fever, cough or having difficulty breathing.

We are asking both our staff and members to please stay home when feeling sick. We're also keeping a close eye on recommendations and/or directives from the CDC and other local, state, and federal government agencies pursuant to the COVID-19 situation.

We will stay in touch with you through the LAC Facebook page and the LAC app.

If you have any questions, please feel free to contact me directly at [Micalee.adams@christushealth.org](mailto:Micalee.adams@christushealth.org) or by phone at (318) 487-1000 ext. 13.

Sincerely,

Micalee Adams

LAC General Manager