



# MAK – Changing Lives Every Day *It's more than just karate.*

---

## MAK Flu Season Precautions

March 5, 2020

To Parents and Students,

With the Flu and Coronavirus in the news, MAK's teaching team wanted to let you know what we are doing to protect our students and families. MAK weathered SARS with these CDC recommended activities, and we have followed them ever since.

MAK already has hand sanitizer pumps at the front door and in the afterschool room, and a new pump is being installed between the floors soon, for students, team members, guests, and families. These dispensers have been providing the type of hand sanitizer recommended by the U.S. Center for Disease Control (CDC) and used at MAK for decades. We encourage students and parents to use the sanitizer when they enter and leave our school and for students to utilize the sanitizer when they enter and exit the mat. Also, MAK has had air ionizers installed throughout the school, and according to Hagbom et al. (2015), these devices can help prevent the spread of viral infections

For the time being, we request students no longer shake hands, or high five each other, or their instructors, and instead use a fist bump. We are also replacing the "hands in" ending of class for the time being. We also request that our students honor the "no shoes on the mat" policy unless the shoes are mat shoes that aren't worn on the street, though this is generally only a concern in the adult programs.

We are continuing our efforts to make MAK the "The Cleanest Place in Town" by disinfecting our mats regularly, along with cleaning surfaces throughout our school that experience a high volume of traffic and activity. If you are feeling feverish, please stay home and heal. We will be happy to provide private instruction to get you caught up when you return to class and will provide video assistance when necessary. We are grateful for our extended family of parents and students, and we will continue to do everything we can to provide a safe and healthy environment in which to train.

Sincerely,

Anne McCoy

Barbi McCoy

Hagbom, M., Nordgren, J., Nybom, R., Hedlund, K., Wigzell, H., & Svensson, L. (2015). Ionizing air affects influenza virus infectivity and prevents airborne-transmission. *Scientific Reports*, 5(1), 11431. doi:10.1038/srep11431