

ADVISORY TO ALL STUDENT ATHLETES

As you all know, the H1N1 virus (swine flu) is expected to be very common this school year.

The RIII Sports Medicine Advisory Committee has compiled some important recommendations specifically for student-athletes:

1. Wash your hands often with soap and water.
2. Cough and sneeze into your elbow, not your hand.
3. Do not share eating or drinking utensils (cups, straws, water bottles).
4. Never share mouth guards.
5. Symptoms of H1N1 include fever (100 and above), cough, sore throat and headache, etc.
6. The flu spreads rapidly through coughing, sneezing and hand contact.
7. If you are feeling ill, stay home from school and out of practices and games.
8. Do not shake hands or high-fives after games. Fist or elbow bumps instead will help to control spread of the virus.
9. Do not share towels or any fabric item with other athletes.
10. If you become ill during a practice or a game, remove yourself from the area.
11. Use alcohol hand gels whenever possible during and after practices and games.

Remember, by not complying with the above recommendations, you will increase the chance of spreading the flu and H1N1 virus to your teammates and friends. By doing so, you also increase the chance of poorer team performance throughout the season.

DO YOUR PART

STOP THE SPREAD OF GERMS THAT MAKE YOU AND OTHERS SICK!!!!!!.