

H1N1 FLU VIRUS PRECAUTIONS

SEPTEMBER 1, 2009

BULLETIN #0901

In light of the potential threat of a major flu epidemic associated with the H1N1 virus, the following precautions are strongly advised for all members of Ortona. These precautions are as follows:

- Under no circumstances should any athlete or coach use or drink from another person's water bottle. Water bottles should be clearly marked with the athlete's name. After every use the water bottle should be taken home and thoroughly washed.
- Wash your hands. Use soap and water for at least 20 seconds and then rinse. If this is not possible carry a small bottle of disinfecting hand wash.
- Coughing and sneezing should be into the elbow or tissue and not into your hands. Tissues should be discarded immediately.
- Body suits and singlets should be laundered on a regular basis.
- Most importantly, if you are exhibiting any flu like symptoms—STAY HOME until you feel better.
- Refer to Public Health Agency of Canada www.FIGHTFLU.ca for more information.

It is not our intention to unduly alarm any of our members or coaches. Our intention is to show due diligence and hopefully help to control the spread of this flu.



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