

Flu Prevention Guidance for Youth Sports

H1N1 (referred to as “swine flu” early on) flu is a new influenza virus causing illness in people. This virus is spreading from person-to-person, in much the same way that regular seasonal influenza viruses spread.

Special Guidance for Youth Sports

- Do not allow children to share water bottles.
- Provide alcohol-based hand sanitizers during practice and games since hand washing facilities may not be available.
- Remind children to cover their coughs and sneezes with their elbow, not their hands.
- Germs on hands spread easily, remind children not to touch their eyes, nose and mouth.
- Towels, equipment and uniforms should be cleaned regularly with the normal cleaning agent.
- Anyone attending practice or games – both children and coaches – showing the symptoms of flu, should immediately be sent home.
- Sick individuals should stay home until fever is gone for at least 24 hours, without the use of fever-reducing medication.

Symptoms of H1N1 Flu

Symptoms of H1N1 flu are similar to the symptoms of seasonal flu:

- Fever
- Cough
- Headache and body aches
- Runny nose
- Sore throat
- Sometimes also nausea, vomiting or diarrhea.

People experiencing such symptoms should stay home until at least 24 hours after they are free of fever and avoid contact with other people. You may want to contact your health care provider to determine if treatment is needed.