



SAFETY MINUTE 22 23

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ILLNESS PREVENTION



What is it?

- Many illnesses such as the common cold and stomach viruses can be mitigated through good personal hygiene practices
- The most important step in preventing illness spread amongst a team is by staying home from team games, practices, and activities
- Most experts agree that viruses spread mainly by infected droplets that can land in the mouths or noses of people who are nearby



What can I do?

- Frequently wash your hands with soap and water or with alcohol-based sanitizer and avoid touching your mouth and nose
- Use INDIVIDUAL water bottles
- Avoid others who display symptoms of an illness
- If you're feeling sick or have flu-like symptoms, stay home and avoid contact with other players and coaches
- Do NOT try to "play through" the illness



More

Information?

- More information about the flu, please refer to the CDC website at: <https://www.cdc.gov/flu/about/index.html>
- Discuss with your personal physician if vaccinations are the right choice for you and your player
- Review the information provided by USA Hockey on their website at: <https://www.usahockey.com/playersafety>



The most common illnesses are those affecting the respiratory tract with most studies indicating that about 40-60% of all acute illness episodes in athletes during competitions and tournaments affect the respiratory tract