

Athletes - Protecting Yourself From The Flu

You may have heard a lot of information about a new kind of flu virus called H1N1 Influenza. It is always important to make sure you are doing your best to prevent the spread of germs. Now more than ever you should make sure that you are doing your best to keep yourself healthy.

Here are some extra tips to keep you healthy:

- Wash your hands often with soap and water. Especially before eating and after games and practices, and after using communal computers, games, etc.
- Carry a bottle of hand sanitizer with you and use it when soap and water is not available.
- DO NOT share water bottles, even with members of your own team. Also wash your water bottle often with soap and water.
- Keep your team uniforms clean and let your uniform and equipment dry out as best as possible.
- DO NOT share other personal items such as pillows, headphones, towels, and other toiletries.
- Bring sandals to wear in the shower and around the residence and pool decks. Avoid walking around in bare feet as much as possible.
- Make sure you are eating properly and getting enough sleep. Keep yourself strong.
- If you are experiencing symptoms such as shortness of breath, sore throat, fever, cough, muscle pain, and weakness let someone know.

Use these tips to stay healthy and strong to enjoy your sporting experience.