

FACTSHEET

October 1, 2009

Ministry of Healthy Living and Sport

H1N1 INFORMATION FOR SPORTS ORGANIZATIONS

There are a number of ways that sports team and organizations can protect their members and help prevent the spread of the H1N1 flu virus:

- Teach children and others involved in your sports team or organization to wash their hands frequently with soap and water for 20 seconds.
- Ask athletes to carry hand sanitizer in their sports bags and to use it frequently.
- Team members and athletes should not share water or juice bottles, cups or glasses. Each athlete or team member should use a personal water bottle.
- Cough and sneeze into a tissue or into your sleeve or the inside of your elbow.
- Stay at least two metres (six feet) away from people who are sick.
- Anyone involved or participating with a sports team who develops flu-like symptoms should be separated from teammates and groups to avoid passing the virus on to others. If you are sick, you should stay home and get well before joining your team for a practice or game.

Flu viruses spread from person to person mainly through droplets from the coughing or sneezing of a sick person. Flu viruses may also be spread when a person touches something contaminated with the virus and then touches his or her eyes, nose or mouth.

Teams and athletes who travel should monitor their health and avoid contact with sick people while traveling. If a team member or athlete develops a fever and a cough while travelling:

- Isolate the person, if possible, from travelling companions;
- Practice respiratory hygiene i.e. use and throw away tissues, coughing into a sleeve, washing hands etc.;
- Inform a health care provider of his or her symptoms; and
- Avoid direct contact with others if possible, unless directed to seek medical care.

The symptoms of the H1N1 flu virus in people are similar to the symptoms of regular seasonal influenza and include high fever, cough, headache, general aches, fatigue, eye pain, shortness of breath, and lack of appetite. Some people with the H1N1 flu have also reported runny nose, sore throat, nausea, vomiting and diarrhea.

You can call [HealthLink BC](#) at 8-1-1, 24 hours a day/seven days a week to speak to a nurse if you have more questions or are concerned about any illness/symptoms experienced by you or the members of your team or sports organization.

For the latest facts on the H1N1 flu virus, visit www.gov.bc.ca/h1n1.

