

## From the CDC in the USA

*"You can help prevent yourself from getting and spreading EV-D68 and other respiratory illnesses by following these steps:*

- *Wash hands often with soap and water for 20 seconds.*
- *Avoid touching eyes, nose and mouth with unwashed hands.*
- *Avoid close contact such as kissing, hugging, and sharing cups or eating utensils with people who are sick.*
- *Cover your coughs and sneezes with a tissue or shirt sleeve, not your hands.*
- *Clean and disinfect frequently touched surfaces, such as toys and doorknobs, especially if someone is sick.*
- *Stay home when you are sick."*

## **MWH - for general infection control:**

- Coaches, staff and parents **must** stress to players to work as a team in all areas of hygiene and infection control.
- Stress to players the importance of frequent and complete handwashing.-  
*Wash hands often with soap and water for 20 seconds.*
- Players should avoid playing if they have signs of fever, cough, respiratory difficulties, diarrhea and/or vomiting.
- Make sure **all** players, coaches and staff have their own water bottle; never share. Bottles should be labeled, washed and disinfected after each practice or game.
- For those who are susceptible to respiratory illnesses, it might be wise to get an annual flu shot.
- Stress to players the need for daily showers with soap.
- Remind players that all garments, like sweaters and socks should be washed after each practice and game.
- All equipment should be hung to dry after each practice or game, and cleaned and disinfected on a regular basis. Follow manufacturer instructions.
- Players should report all skin rashes to the coach and team staff right away so the proper treatment can be done to reduce the spread.