



All,

As the number of Coronavirus cases identified has been growing, we wanted to give you some best practices, tips and resources to keep you updated and well.

Our main priority is the well-being of families, so as you are starting your seasons, please know that AYSO is keeping abreast of all updates related to the outbreak. To that point, we recommend that you stay in contact with our office as well as your local and state departments of Public Health with further questions. Our goal is to provide all members with timely and relevant information on Coronavirus.

There is currently no vaccine to prevent the Coronavirus. The best way to prevent illness is to avoid being exposed. Everyday preventive actions should be taken, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Maintain safe distance between families while at the games.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow the CDC's recommendations for using a face mask.
  - CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including Coronavirus.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

- As always if you feel the need to refrain from attending games please let your Division Coordinator and Boys/Girls Coordinator know that so we can plan appropriately.

For our games and events, we also recommend that you do elbow to elbow or go through and say good game. Also do not allow the sharing of water bottles or snacks with each other.

Additionally, here are a number of different resources and communications from the CDC and other organizations regarding the Coronavirus:

[CDC - Coronavirus Overview](#)

[WHO - Advice for Coronavirus](#)

[NMDOH - Coronavirus Updates](#)

Please feel free to reach out to us if you have any questions.

And as always, thank you for your ongoing commitment and dedication to AYSO and the families in your community.

Thank you.

AYSO 104 Board

## **Albuquerque - Region 104**

*For general inquiries, please contact your organization directly.*

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