



Coronavirus Update and Prevention Tips

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.

Everyday preventive actions should be taken, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- 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 facemask.
 - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including Coronavirus.
 - Facemasks should be used by people who show symptoms to help prevent the spread of the disease.
- 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.

For AYSO specific events, we also recommend that instead of end of game handshakes, you do fist bumps or elbow to elbow and please remind your players not to share their water bottles or snacks with each other.