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Dear Program Administrator/Coach

We've worked with our Chief Medical Officer, Dr. Michael Stuart, to provide you with pertinent regarding the H1N1 virus, including recommendations to reduce the likelihood of spreading the infection. Specifically, USA Hockey recommends:

- Provide individual water bottles for players; do not share water bottles
- Regularly wash hands
- Clean workout gear for each practice/competition
- Keep gloves on during the traditional handshake with opponents

You should be aware that symptoms of the virus include: fever (102 degrees fahrenheit or greater), cough, muscle aches, runny nose, headache or sore throat, with the potential for more serious complications, including pneumonia.

Those affected by the H1N1 virus typically have been children and young adults.

Transmission of the virus may occur from the day before the onset of symptoms and during the five to seven days that the symptoms are present. Infected individuals should stay home until signs and symptoms have resolved, with no fever present for at least 24 hours. The 24-hour no-fever timeline should be achieved naturally, without the aid of fever reducing medications.

Additional information regarding H1N1 is available from the Centers for Disease Control and Prevention by visiting www.cdc.gov/H1N1Flu/.

Best wishes for a successful season.



USA Hockey, the national governing body for the sport of ice hockey, is a member of the International Ice Hockey Federation and the United States Olympic Committee.



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