

# Guidelines regarding H1N1



USA Hockey, with guidance from its Chief Medical Officer Dr. Michael Stuart, has issued the following information regarding the H1N1 infection, including some basic recommendations to reduce the likelihood of spreading the infection.

## USA Hockey recommends:

1. Provide individual water bottles. Do not share water bottles.
2. Regularly wash hands.
3. Clean workout gear for each practice/competition.
4. Keep gloves on during the traditional handshake with opponents.

Individuals with influenza may develop typical signs or symptoms of: fever (102°degrees F or greater), cough, muscle aches, runny nose, headache, or sore throat with the potential for more serious complications, including pneumonia.

This year's influenza virus strain has particularly targeted children and young adults. Transmission of influenza virus may occur from the day before the onset of symptoms and during the 5-7 days that these symptoms are present.

**Infected individuals should stay home until signs and symptoms have resolved and they have not had a fever 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:

<http://www.cdc.gov/H1N1Flu/>