

Ways to Reduce the Risk of Illness in Athletes

Clean frequently touched objects and surfaces

Avoid any unnecessary touching of the eyes, nose, and mouth

Cough or sneeze into the elbow and not on the hands

Get a flu vaccine

Minimize contact with sick people

Wash hands regularly and effectively with soap and warm water - especially after cough or sneeze

Carry alcohol based hand sanitizer

Adopt strategies that facilitate quality sleep

Wash and peel fruit before eating

Do not share drinking bottles, cups, silverware, towels, etc. with other people