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**ADVISORY TO STUDENT ATHLETES**  
**September 24, 2009**

As you all know, the H1N1 virus (swine flu) is expected to be very common this school year. The NH DHHS has compiled some important recommendations specifically for student athletes:

1. **Wash your hands often** with soap and water or alcohol-based hand gel (before, during, and after practice or a game).
2. **Cough and sneeze into your elbow**, not your hand.
3. **Do not share eating or drinking utensils** (cups, straws, water bottles).
4. **Never share mouth guards.**
5. **Symptoms of H1N1 include fever (100°F and above) and cough and/or sore throat.**
6. **The flu spreads rapidly through coughing, sneezing, and hand contact.**
7. **If you are feeling ill, stay home from school** and out of practices and games.
8. **Consider not shaking hands or using high-fives after games.** Replacing it with something creative like fist bumps may help to control spread of the virus.
9. **Do not share towels** or any fabric item with other athletes.
10. **If you become ill during a practice or a game, inform your coach** or another adult and remove yourself from the area.

Remember, by complying with the above recommendations, you will decrease the chance of spreading the flu and H1N1 virus to your teammates and friends.

By doing so, you also increase the chance of better team performance throughout the season.

**DO YOUR PART.**

**STOP THE SPREAD OF GERMS THAT MAKE YOU AND OTHERS SICK.**