

The H1N1 Influenza Virus

What you should know

H1N1, like other infections and viruses, can spread in two ways:

1. Directly, from an infected person to another by coughing, sneezing or speaking closely with another person;
2. Indirectly, when an infected person has infected a surface such as a door handle, cell phone or team water bottles and others contact the infected area.

Control and prevention

Here's how you can help to reduce the spread of H1N1 and other viruses or diseases at home, at the rink and other public places:

1. Wash your hands

Frequent and thorough hand washing, either with soap and water or an alcohol-based hand-sanitizing solution is the most effective way to reduce the spread of H1N1. Consider putting a bottle of hand sanitizer in your player's equipment bag to use before and after games or practices.

2. Cover your mouth

Always cover your mouth with a tissue or with your arm, when coughing or sneezing.

3. Keep your distance (Social distancing)

Try to stay one metre away from others when socializing, especially when a person complains of a sore throat and shows signs of a respiratory illness.

4. Use personal water bottles

Send your player to the rink with his or her own water bottle for games and practices. Help the player choose their water bottle and use a permanent marker to write their initials, roster number and team name on the bottle. Bonus: if the player leaves the bottle behind, it should hopefully make its way back to the team and player.

5. Keep your gloves on

Hockey Canada encourages players to continue shaking hands at the end of the game, but players should keep their gloves on to avoid spreading the virus.

6. Stay home if you are sick

If you're sick, let your coach know that you will stay home and follow your healthcare provider's instructions.

Do not assume that games will be cancelled due to H1N1. The District 3 Chairperson, Nation and PGL vice-presidents and the District 3 Risk and Safety Manager will consult and decide to cancel or reschedule games, as in the case of inclement weather.

For up-to-date information, go to the Public Health Agency of Canada's special website at www.fightflu.ca.