Get your game on
Don’t let the flu get the best of you

Athletes can be at higher risk of contracting flu viruses (the new H1N1 as well as seasonal influenza) due to the potential for close physical contact involved in sports activity.

Follow these winning strategies:

1. The team’s health is in your hands, so wash up well and use hand sanitizer frequently.
2. Don’t share personal equipment such as cups, water bottles, towels etc.
3. Clean/wipe down sports equipment after every use. Wash uniforms frequently.
5. Buy a thermometer and flu care supplies.
6. Avoid close contact with sick people. Steer clear of coughs and sneezes.
7. Call Gannett (255-5155) for consultation 24/7 if you have a temperature $\geq 100^\circ$ F and a cough, sore throat, or body aches/fatigue.
8. Protect your team if you become ill. Stay away from practices, training sites, sporting events, and classes until you’ve recovered.

More flu info: www.gannett.cornell.edu