

## WINTER SPORTS

Updated Physicals for winter sports are ***due NOW***. Tryouts begin Monday November 30. Anyone with Expired Physical (over 13 months from previous)***will be unable to tryout***

## WINTER SEASON TIP

- Get Flu shot early
- Review good Handwashing techniques prior to meals and if any contact with coughing or runny nose
- (fluids from the body contain viruses that are transferred to surfaces from unclean hands. Others touch surfaces and viruses are picked up ( such as Enteroviruses like Hand, Foot and Mouth Disease and D68)
- <http://www.webmd.com/children/guide/hand-foot-and-mouth-disease-topic-overview>
- Cough/sneeze into your sleeve instead of your hands-dry clothing does not transfer viruses like hands prevents respiratory droplets that spread viruses such as flu
- Treat your symptoms-decongestant for nasal/sinus and upper airway congestion.
- Advil, Motrin, Tylenol for fever over 100.4 (NEVER ASPIRIN-due to Reye's Syndrome)
- Hydrate with clear fluids ( gingerale, Gatorade, clear soup broths)
- Nausea, vomiting and diarrhea-start with clear fluids and move to dry crackers, cereals without milk, dry toast when you are able to keep fluid down for several hours.
- Discourage re-usable water bottles when sick( all viruses)
- Discourage the sharing of drinks (all viruses) or use of chapsticks, (especially Hand, foot and Mouth, cold sores on/around mouth)