



## NEWS RELEASE

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FOR IMMEDIATE RELEASE

Friday, October 23, 2009

**Contact:** Matt Caracappa ([mattc@usahockey.org](mailto:mattc@usahockey.org))

### USA Hockey Announces H1N1 Recommendations

COLORADO SPRINGS, Colo. - USA Hockey, with the counsel of **Dr. Michael Stuart**, its chief medical officer, today issued the following information regarding the H1N1 infection, including recommendations to reduce the likelihood of spreading the infection.

#### USA Hockey recommends:

- Providing individual water bottles for players and not sharing water bottles.
- Regularly washing hands.
- Cleaning workout gear for each practice/competition.
- Keeping gloves on during the traditional handshake with opponents.

Individuals with influenza may develop typical signs or symptoms, including: fever (102 degrees Fahrenheit or greater), cough, muscle aches, runny nose, headache or sore throat, with the potential for more serious complications, including pneumonia.

This year's influenza virus strain has particularly affected children and young adults. Transmission of the influenza virus may occur from the day before the onset of symptoms and during the five-to-seven days that the symptoms are present.

**Infected individuals should stay home until signs and symptoms have resolved, with no fever present for at least 24 hours.** The 24-hour no-fever timeline should be achieved naturally, without the aid of fever-reducing medications.

Additional information regarding H1N1 is available from the [Centers for Disease Control and Prevention](http://www.cdc.gov).



USA Hockey, the national governing body for the sport of ice hockey, is a member of the International Ice Hockey Federation and the United States Olympic Committee



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