



Healthy Tips

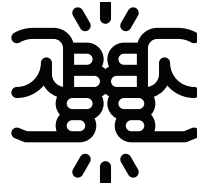
for AVP Athletes & Athletics Personnel

Standard precautions include the following:

With concerns rising about the spread of COVID-19, one of the most trusted and reliable ways to help prevent the spread of airborne infectious diseases is to follow standard precautions.

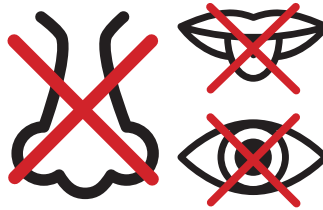
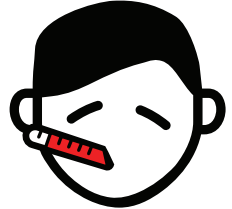
These precautions were found to be very effective during the SARS outbreak and are recommended by the Centers for Disease Control and Prevention as effective precautionary measures to mitigate the spread of COVID-19. Like SARS, influenza and even the common cold, COVID-19 may spread from person to person by respiratory droplets — not simply from a cough, but also through hand touching of the nose and mouth.

Given this knowledge, the AVP embraces standard precautions for athletes, medical staff, & personnel

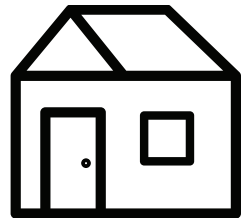


Avoid handshakes and cheek embraces (fist bumps are OK).

Avoid close contact with people who are sick.



Avoid touching your eyes, nose and mouth.



Stay home when you are sick.



Cover your cough or sneeze with a tissue, and then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.



Wash your hands often with soap and water for at least 20 seconds, especially:

- After going to the bathroom.
 - Before and after eating.
 - After blowing your nose, coughing or sneezing.
 - If your hands are visibly dirty.
- If soap and water are not readily available, use a hand sanitizer.

Towels and water bottles:

- Do not share towels, and be certain to handle your towels yourself. Used towels should be placed into a designated area by the athlete.
- Do not share water bottles.

