



US SOCCER AND CDC RECOMMENDATIONS FOR

KEEPING YOUR CLUB HEALTHY

BEST PRACTICES FOR PREVENTING ILLNESS

There is currently no vaccine to prevent the Coronavirus. The best way to prevent illness is to avoid being exposed. Everyday preventive actions should be taken, including:

- Avoid close contact with people who are sick AND stay home if you are sick.
- Avoid touching your eyes, nose, and mouth. **NO HANDSHAKES.**
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow the CDC's recommendations for using a facemask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including Coronavirus.
- Facemasks should be used by people who show symptoms to help prevent the spread of the disease.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

OUR PRIMARY COMMITMENT AND FOCUS AT ALL TIMES IS THE HEALTH AND SAFETY OF OUR U.S. SOCCER FAMILY, SO PLEASE ALSO ADHERE TO COMMUNICATIONS FROM THE CENTER FOR DISEASE CONTROL.