

ONTARIO TENNIS ASSOCIATION

H1N1 Flu Virus

The H1N1 flu virus is a respiratory disease caused by viruses that infect breathing passages. It can spread from person to person by direct physical contact, and through droplets that are coughed or sneezed by an infected person. Since H1N1 is a new strain of flu virus, most people have no immunity and the virus can spread quickly.

Public Health authorities have issued numerous documents regarding the recognition of flu symptoms and steps to take to protect ourselves and our children from the virus. They are also unanimous in recommending that everyone receive the H1N1 flu shot. One of the most readable documents is the ***H1N1 Preparedness Guide*** by the Public Health Agency of Canada and available online at www.fightflu.ca

The suggestions below are specific to the sport of tennis:

- Keep a bottle of alcohol-based hand sanitizer in your tennis bag and use it frequently.
- Wash hands with soap and warm water for at least 20 seconds or use an alcohol-based hand sanitizer immediately after a match.
- Avoid touching your eyes, nose, or mouth.
- Cough or sneeze into your arm, not your hand.
- Avoid filling your water bottle from the club fountain, fill it at home.
- Wash your water bottle frequently in the dishwasher.
- Do not share water bottles or energy drinks.
- If you or your child feels ill, please stay home – there will be other matches or tournaments.
- At the conclusion of a match congratulate your opponent with a smile and few words rather than a handshake.

Michel Lecavalier

President

November 4th, 2009