



10618 - 124 St., Edmonton, Ab T5N 1S3

Phone (780) 413-3498 Fax (780) 440-6475

Email: admin@emha.ca

Web: www.emha.ca



URGENT MEMO

TO: ALL EMHA HOCKEY TEAMS AND MEMBER ORGANIZATIONS

FROM: EMHA BOARD OF DIRECTORS

SUBJECT: H1N1 FLU VIRUS PRECAUTIONS

In light of the potential threat of a major flu epidemic associated with the H1N1 virus, the following precautions are greatly advised for all teams participating in the Edmonton Minor Hockey Association. These precautions are as follows:

1. Under no circumstances should any player or bench personnel use or drink from another person's water bottle. Water bottles should be clearly marked with the owner's name. After using at the game the water bottle should be taken home and thoroughly washed.
2. Wash your hands. Use soap and water for at least 20 seconds and then rinse. If this is not possible carry a small bottle of disinfecting hand wash.
3. Coughing and sneezing should be into the elbow or tissue and not into your hands. Tissues should be discarded immediately.
4. Game and practice equipment should be cleaned on a regular basis.
5. Most importantly, if you are exhibiting any flu like symptoms - STAY HOME until you feel better.

It is imperative that this memo be distributed to all of your teams. Please note that the memo will be included in the coach bags that are given out at the coach meetings. It is not our intention to unduly alarm any of our players or volunteers. Our intention is to show due diligence and hopefully help to control the spread of this flu.