



Football BC would like to encourage all its members to take extra precautions to help prevent the spread of the H1N1 flu virus.

Football BC has compiled a list of links and resources regarding the H1N1 flu virus for your reference.

It is essential that if you show any symptoms to stay in isolation at home and avoid contact with others who are not sick. Isolation means avoiding all public places including work and school, as well as limiting contact with other household members as much as possible.

The *Ministry of Healthy Living and Sport* recommends following six simple, common sense precautions that can help safeguard everyone's health:

- 1) Stay home when you're sick or have influenza symptoms.
- 2) Avoid close contact with people who are sick.
- 3) Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately.
- 4) Wash your hands. Washing your hands often will help prevent you from getting sick.
- 5) Avoid touching your eyes, nose or mouth.
- 6) Practice other good health habits.

The following are a list of links and resources for more information on the H1N1 flu virus:

**Sport BC** – [H1N1 Information for Sports Organizations](#)

**Government of BC** – [H1N1 Flu Virus](#)

**HealthLinkBC** – [Pandemic H1N1 \(pH1n1\) Influenza Virus](#)

**Hockey Canada** – [Important Information regarding H1N1 Virus](#)

[Public Health Agency of Canada](#)