



## Keeping our players fit and healthy

Due to the heightened awareness of infectious diseases such as Covid-19, the club has considered the implications on a wider scale – How can we keep our players fit and healthy with the winter season fast approaching? Here are some suggestions:

### 1. Influenza (including viruses such as coronavirus)

Immunise: Influenza is a serious disease – worse than a cold and can spread quickly from person to person through touch as well as through the air. ‘flu viruses change from year-to-year, so the seasonal ‘flu vaccine is made each year to cover the strains of the virus most likely to be circulating the following winter.

2. **Do not share drink bottles.** Make sure your drink bottle is well labelled / identifiable.

### 3. Wash your hands well

Washing hands properly is one of the most important and effective ways of stopping the spread of infections and illnesses.

- Wash your hands before and after practice to avoid spreading contamination.
- Wash your hands thoroughly using water and plain soap.
- Wash for at least 20 seconds and dry them completely. 20 secs is singing happy birthday song twice (a lot longer than you think)
- Using warm water is preferable, if available.
- If soap and water are not available, use an alcohol-based hand sanitiser.

4. **No handshakes or high fives.** Foot pumps are a safe and fun alternative

5. **Keep your hands away from your face.**

### 6. What to do if you feel unwell

- Stay at home to stop the spread of the infection and avoid close contact with people.
- Cover your coughs and sneezes to stop spreading the illness to other people.
- Cover your mouth and nose with a tissue when you cough or sneeze – then put the tissue in a bin.
- If you do not have a tissue, cough or sneeze into your elbow.
- Wash hands thoroughly after you cover a cough or sneeze.

If you have come back from overseas please self-isolate, do not attend games and training and maintain a 2m distance from other people. These are unprecedented times that we find ourselves in and we understand it can cause stress and anxiety. But please know that our main priority is the health and well-being of all the players, coaches and supporters.

The NZ Health Department are asking people who have visited [countries or areas of concern](#) (where Covid-19 has been detected) and who have developed symptoms of fever, cough or shortness of breath, to self-isolate and seek medical advice – phone Healthline’s dedicated COVID-19 number [0800 358 5453](#) or contact your GP, phoning ahead of your visit.