

# Preventing the Spread of Norovirus

## Important Notice for Coaches, Athletes & Families

Norovirus is highly contagious and is currently prevalent in our community. To protect everyone at the January Routine Meet, we must take proactive precautions.

### What is norovirus?

- A virus that causes stomach upset, cramping, including vomiting and diarrhea.
- Spreads easily through contaminated surfaces, food, water, and close contact.
- Symptoms can appear 12-48 hours after exposure and last 1-3 days.

### Precautions for Everyone

#### Wash Hands Frequently

- Use soap and water for at least 20 seconds, especially before eating, after using the restroom, and after touching shared surfaces.

#### Stay Home if Sick

- If you have recently had abdominal cramping, vomiting or diarrhea, do not attend unless you have been completely symptom free for at least 48 hours. This includes practices leading up to the event.

#### Avoid Sharing

- No sharing of food, water bottles, or personal items.

#### Coaches

- Remind your team to wash hands before and after eating.
- Provide hand sanitizer for quick use but prioritize soap and water.

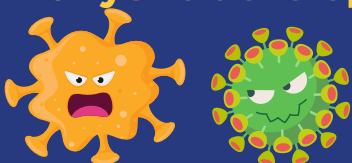
#### Athletes

- Bring a labeled water bottle—no sharing allowed.
- Wash hands after touching, bleachers, railings, or other shared surfaces

#### Families

- Encourage your family to follow hygiene practices.
- Use hand sanitizer at entrances and wash hands after restroom use.

If anyone develops symptoms during the meet, they will be asked to leave immediately to prevent further spread.



Thank you for your cooperation!

