

## SPORTS AND RECREATION BULLETIN /INFLUENZA A (H1N1)

**TO:** Sports and recreation associations

**DATE:** November 3, 2009

**SUBJECT:** Preventive measures in the context of the second wave of Influenza A (H1N1)

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On October 21, 2009, Québec's provincial director of public health announced that the second wave of the Influenza A (H1N1) pandemic had begun in Québec. However, so far this flu has not caused serious illness in the vast majority of cases.

In this context, Québec's provincial director of public health recommends that people continue as usual with their sports and recreation activities. This recommendation may be amended if new epidemiological data on the Influenza A (H1N1) virus warrant it. However, certain preventive measures must be observed by participants in sports and recreation activities.

### **Preventive measures**

It is recommended that parents, coaches and participants in all sports and recreation activities be informed of the following rules of conduct:

- The propagation of the virus can be reduced through simple measures like hand washing, respiratory hygiene and vaccination against the Influenza A (H1N1) virus. Posters and brochures on this subject are available on the Pandémie Québec Web site: (<http://www.pandemiequebec.gouv.qc.ca/en/index.aspx@ sujet=143.html>).
- Participants in sports and recreation activities and coaches who present flu-like symptoms (e.g.: fever and cough with headaches, extreme fatigue or aches and pains) must refrain from taking part in such activities until their symptoms have disappeared. However, if such symptoms persist beyond seven days, participants and coaches may resume their normal activities, as long as their general state of health permits it.
- Participants or coaches who show up for an activity with flu-like symptoms will be denied access to the activity and will be sent home.
- It is recommended that water bottles not be shared. All participants should have their own water bottles.
- It is recommended that surfaces and objects that many people are likely to come into contact with be cleaned regularly. The usual cleaning products are sufficient for the task, and no disinfection is required for the Influenza A (H1N1) virus.

For all additional information concerning Influenza A (H1N1), please contact Services Québec at 1-877-644-4545. You can also obtain further information by going to the Pandémie Québec Web site at:

<http://www.pandemiequebec.gouv.qc.ca/en/index.aspx@ sujet=143.html>.