



Dear La Jolla Volleyball Club families,

We know you are hearing a lot about the coronavirus (COVID-19), and we would like to share some important reminders as well. Your daughters come into the gym and attend practices and tournaments where there are many opportunities to come in contact with others and touch surfaces (door handles, volleyball equipment, high-fives) that likely have germs. Please help remind everyone to wash or sanitize their hands prior to entering the gym, and as they leave the gym. We have also included a list below to help.

Help Prevent the Spread of Respiratory Viruses

The health risk from COVID-19 (coronavirus) to the general public is considered low at this time. However, we ask that you take the following measures to help prevent the spread of these viruses.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with people who are sick.
- **Stay home when you are sick.**
- Cover your cough or sneeze with a tissue, and then throw that tissue away.
- Clean and disinfect frequently touched objects and surfaces.
- Get your flu shot every year.

Additionally, the California Department of Public Health does not recommend the use of face masks for general prevention, and states that handwashing provides better protection for infectious diseases. (However, face masks do help prevent you from touching your face, which is how germs get into your mouth/nose and into your lungs)

If your child is sick, please keep him/her home from any La Jolla Volleyball Club events, including but not limited to tournaments, practices, scrimmages, conditioning, training, tryouts, and team bonding.

Please keep your coach up-to-date with your health.

For more information:

- Center for Disease Control and Prevention <http://www.cdc.gov>
- U.S. Department of Health and Human Services <http://www.dhhs.gov>
- World Health Organization <https://www.who.int/ith/en/>

Thank you for taking the time to read and share this information... stay healthy!

La Jolla Volleyball Club Staff and Coaches