



# KAHNAWAKE MINOR HOCKEY ASSOCIATION



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## **INFLUENZA - A (H1N1)** **SAFETY PRECAUTIONS** **KMHA DIRECTIVE 2009-2010**

One of the best ways to fight this virus is to follow the guidelines that are provided by Quebec in the Self-Care Guide. If you did not receive this guide, go to the website at [www.pandemiequebec.qc.ca](http://www.pandemiequebec.qc.ca).

Hockey Canada has stressed the dangers of sharing water bottles in their bulletin dated September 2001. Here is what each parent should remember:

- Individual water bottles for each child. This will prevent the transmission of viruses and bacteria
- Each child should have a labelled water bottle.
- Water bottles must be brought home after each practice/game and washed thoroughly.
- Goalies should not allow anyone else to drink from their bottle. This includes the coaching staff and referees.
- Referees and linesmen should have their own water bottles at the penalty bench.
- Water bottles cost about \$2.00 each and can purchased at any sport/retail store.

### **SOME SYMPTOMS TO WATCH FOR:**

Children's symptoms may be different from those of adults. Be vigilant if your child has a fever and has one or more of the following symptoms (see also Caring for Sick Children, Page 2 of the Self-Care Guide). (Advice: It is important to have a thermometer available at all times.)

#### **0-5 Years Old**

Irritability  
Loss of Appetite  
Rasping Cries  
Diarrhea  
Vomiting  
Abdominal Pains  
Shortness of Breath

#### **6-18 Years Old**

Coughing  
Muscle Pains  
Headache  
Sore Throat  
Nasal Congestion  
Runny Nose  
Shortness of Breath

In general, most people return to their normal activities soon after their illness. The antibodies you develop while ill will protect you in future against the virus that infected you. If vaccinations are available, do not hesitate to have the entire family vaccinated!