



## Keep healthy and active at footy

*To all AFL Victorian members,*

*With all the media coverage of H1N1 Influenza 09 (Human Swine Flue) we believe it is appropriate to provide the following general information to your clubs to help alleviate any concerns that parents and players may have about the virus and, in particular, whether their involvement with football is likely to increase their risk of catching the virus.*

*We will be issuing this advise to all coaches and suggest you consider forwarding this onto all your clubs as information they can pass on.*

*Clubs may also include this message on their website, as well as considering including the internet address of the Department of Human Services where there are posters that can be downloaded and placed in club change rooms and social rooms. These posters can be found at the bottom of the page under Resources:*

*<http://www.health.vic.gov.au/ideas/diseases/swine-influenza>*

Coming into winter has always meant coughs, colds and various strains of influenza. This year will be no different, apart from having a new strain of flu, H1N1 Influenza 09 (Human Swine Flu) that we have to deal with.

There has been a lot of media coverage surrounding the new virus but we understand from the Victorian Department of Human Services that at the moment the best advice is to be sensible and to keep up good hygiene practices.

We all have a part to play in looking after our own health and there are some simple things we can all do to stop the spread of cold and flu germs:

- Cover your nose and mouth when you cough or sneeze – and where possible do so with a tissue and dispose of it immediately in a plastic-lined rubbish bin.
- Wash your hands regularly with soap and water.
- Avoid touching your eyes, nose or mouth as germs spread that way.
- Make sure you use your own water bottle...or if your team has club water bottles, do not touch the nozzle with your mouth or hands - the water should be able to be squirted into your mouth.

As always is the case, whenever you are feeling a bit off with the signs of a cold or flu, stay home and if need be, or if you have any doubts or concerns, seek medical advice.

Remember, simple precautions will limit the chance of colds and flu spreading and keep you healthy and active at footy.

## **AFL Victoria**

Football Victoria Ltd ABN 87 052 795 399

Level 3, Great Southern Stand, MCG, Brunton Avenue, Jolimont, Victoria 3001

GPO Box 4337, Melbourne, Victoria 3001

T: (03) 8663 3000 F: (03) 9650 4194 E: [execoffice@aflvic.com.au](mailto:execoffice@aflvic.com.au)

[www.aflvic.com.au](http://www.aflvic.com.au)