

# US Adult Soccer Association

March 4, 2020

Dear USASA Members and Players,

With many players and coaches starting their spring league season and traveling for tournaments questions have been raised about the current outbreak of COVID-19 (Coronavirus).

First and foremost, USASA is committed to the health and well-being of its players, coaches, staff, and families. We are actively monitoring the situation and wanted to share some best practices to handle the current situation.

While the chance of exposure is very low, we encourage players and families to practice repeated and proper CDC hygiene procedures on and off the field, including:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Don't shake hands during or after a game.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

Please refer to these resources for further information:

## **Center for Disease Control**

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

## **World Health Organization**

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

USASA Communications