

MEMBER UPDATE :
Precautions to take regarding COVID-19

March 6, 2020

Dear members,

In consideration of the growing threat of COVID-19 - the disease caused by the new coronavirus - US Club Soccer encourages all members and related personnel to take proper precautions. The Centers for Disease Control & Prevention (CDC) is a valuable resource of the latest information.

Please monitor [this CDC web page](#), which has important information about how coronavirus spreads, its symptoms, FAQs, global locations with COVID-19, travel advisories and more. The CDC recommends everyday preventive actions to help prevent the spread of respiratory diseases, such as:

- Avoid close contact with people who are sick.

- Avoid touching your eyes, nose, and mouth.

- 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.

- Follow CDC's recommendations for using a facemask.

- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
- Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for [health workers](#) and [people who are taking care of someone in close settings](#) (at home or in a health care facility).
- 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 percent alcohol. Always wash hands with soap and water if hands are visibly dirty.

US Club Soccer will continue to monitor the situation. We also encourage members to consider implementing further precautions, such as eliminating handshakes, communal water stations, etc .

Thank you for your attentiveness in this matter.