



CORONAVIRUS UPDATE

As new developments arise each day, we at Soccer Maine want to remind everyone that first and foremost, our responsibility is for the safety of our players, coaches and referees. We are regularly seeking comment and advice from all resources regarding the Coronavirus and any other health cautions (i.e. seasonal flu) - federal, state and local in addition to the CDC and WHO.

After seeking advice from a myriad of health professionals we currently plan to continue to hold upcoming soccer related activities (games, practices, coaching courses), none of which are scheduled over the next two weeks. We realize we may need to make changes to our position, and we will update all parties involved as soon as possible. We are monitoring the information on a hourly/daily basis and will be following CDC recommendations.

We are working with US Soccer and US Youth Soccer as well as health professionals to gather additional information as it pertains to the safety of playing the game within our borders as well as interstate travel and travel abroad as some members will do in the ensuing weeks. The Center for Disease Control, World Health Organization, the US State Department, FIFA, Maine Department of Health and Human Services, Maine CDC and other health organizations are being consulted.

We fully understand the need to be cautious. We ask all players, coaches and attendees to games/practices to consider the following questions and their answers prior to attending these activities:

- Do you have an onset of a cough?
- Do you have a fever or have had one in the last few days?
- Do you suffer from shortness of breath?
- Have you been out of the country or have knowingly been exposed to anyone who's been outside the country at any time in the last 14 days?

If you have answered yes to any of the above questions, we ask you to not attend. Even if you have the common cold or just getting over the flu, it is imperative that everyone remains in as good health as possible.



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Good Health Habits

To reinforce health safety and best practices for illness prevention, please read the list below:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth prior to proper washing or disinfecting.
- 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 the CDC's recommendations for using a face mask.
- CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including Coronavirus.
- CDC recommended face masks should be used by people who show symptoms to help prevent the spread of the disease.
- 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.

We also recommend, out of an abundance of caution, that teams forgo high fives and handshakes between themselves, opposing teams and officials during and after competitions.

Please see the following additional resources and communications which may provide further answers to your questions.

[CDC - Frequently Asked Questions](#)

[CDC - Coronavirus Overview](#)

[CDC - Travelers Health](#)

[Maine CDC - Updates](#)

WHO - [Advice for Coronavirus](#)

[U.S. Department of State](#) - Country Specific Travel information

USOPC - [Coronavirus Update](#)



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