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| |  | | --- | | **Everyone Can Help Follow Preventative Measures and Best Practices Onsite** Everyday preventative actions can be proactively taken to reduce risks. EDP Soccer strongly recommends the following precautionary guidelines be followed by your players and families:   * Wash hands frequently with soap and water (at least 30 seconds) especially after going to the bathroom; before eating; and after blowing the nose, coughing, or sneezing. * Avoid touching the mouth, eyes or nose with hands. * Cover coughs and sneezes with a tissue, then throw the tissue in the trash. * Clean up team and training areas after every use (e.g. throw used water bottles in the trash). * Use alcohol-based sanitizers (60% alcohol) in addition to frequent hand washing. * Feel free to bring sanitizing products. Carry small bottles of alcohol-based sanitizers to use when hand-washing facilities are unavailable. * Keep hydrated. * Do not share water bottles or food. * No pre, during, or post-game handshakes with opposing team members or game officials. * International team walkouts and hand-in-hand/arm-in-arm team huddles are not recommended. * If anyone associated with a team (coach, player, family member) feels ill prior to a scheduled event, please have them stay home and not attend the event in order to reduce risk to others. * If anyone associated with a team (coach, player, family member) becomes ill during an event and has symptoms such as coughing, fever, or general malaise, please contact a medical professional; to reduce exposure, consider self-isolation until evaluated by medical personnel; immediately exit the facility; do not come into personal contact with other participants. * Coaches and team managers: Please be sure to have updated medical information and contact information for all minors' parents or guardians that may not be present   **Be Prepared by Being Informed** Below are additional resources and links to learn more. Please review and share this information.  The **State of New Jersey Department of Health**provides a 24-Hour Public Hotline to address questions about the COVID-19. Call 1-800-222-1222. They also provide additional information, including frequently asked questions at: [nj.gov/health/cd/topics/covid2019\_community.shtml](https://www.nj.gov/health/cd/topics/covid2019_community.shtml)  **Centers for Disease Control and Prevention (CDC)** For more information about COVID-19, its symptoms, how it spreads and other frequently asked questions, visit the CDC website, here: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>  For information about handwashing, see the [CDC's Handwashing](https://connect.unitedsoccercoaches.org/e/791853/handwashing-/bzxf/37338838?h=H2uVVXeKzWLCYF1_B6LiQ3EX6k6hWOSEJoTgHvbJsBM)website.  Follow the 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](https://connect.unitedsoccercoaches.org/e/791853/CoV-hcp-infection-control-html/bzx9/37338838?h=H2uVVXeKzWLCYF1_B6LiQ3EX6k6hWOSEJoTgHvbJsBM)and [people who are taking care of someone in close settings](https://connect.unitedsoccercoaches.org/e/791853/ov-hcp-guidance-home-care-html/bzxc/37338838?h=H2uVVXeKzWLCYF1_B6LiQ3EX6k6hWOSEJoTgHvbJsBM)(at home or in a health care facility).   If you wish to stay informed of any US Government travel advisories, please review current US State Department Travel Advisories: <https://travel.state.gov/content/travel/en/traveladvisories/traveladvisories.html/>  CDC Travel Health Notices: <https://wwwnc.cdc.gov/travel/notices>  CDC Coronavirus FAQ Sheet: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html>  CDC Travel Information: <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>  World Health Organization: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>  USOPC: <https://www.teamusa.org/Coronavirus-Updates>  COVID-19 Global Cases by Johns Hopkins CSSE: <https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>   Thank you for your consideration and cooperation as we all work through this situation.   Sincerely, Lehigh Valley United FC | |