



NCSL Health Update

On behalf of the National Capital Soccer League, I write to provide you with an update as to the efforts we are taking to help keep your club and its members safe from illness this season. Like you, we are closely monitoring the recommendations and guidance of the CDC, World Health Organization, US Soccer, USYS, and our several state associations regarding the appropriate steps that we should be taking, and we will continue to communicate with you about those steps, as well as recommendations for protection. The safety and security of our soccer community is, and always will be, our highest priority.

At this point, we believe it is premature to cancel all or any part of the season. That said, as the virus continues to spread, there are precautions short of cancellation that we should all be practicing, and those precautions should be implemented immediately.

The basic rules to avoid infection are:

- wash your hands with soap regularly and thoroughly for at least 30 seconds
- avoid touching your eyes, nose or mouth with your hands
- avoid shaking hands before and after games when fist or elbow bumps will suffice
- stay at least six yards away from infected people or people showing symptoms (like coughing)
- eat a varied, vitamin-rich diet with fruit (esp. those rich in vitamin C) and vegetables
- drink enough water to keep mucous membranes moist
- clean or disinfect high-traffic areas (including doorknobs and phones) of your home daily

Additionally, although there is no vaccine specifically for the coronavirus, all health organizations are strongly encouraging all persons to get a flu vaccine at the earliest opportunity.

If an athlete, coach, club staff member, referee, or parent has symptoms of the coronavirus, they should contact their physician and should NOT attend practices or games. Signs and symptoms develop between two and 14 days after exposure to the virus and typically include fever (greater than 101 degrees), fatigue, cough (dry or productive), and shortness of breath. Other less common symptoms include sore throat, headache, muscle and joint pain, chills, nausea or vomiting, congestion, or diarrhea.

Should you have any questions or concerns, please communicate them through your club technical staff or NCSL league representative.

Richard Smith
President

CDC Coronavirus FAQ Sheet

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html>

WHO

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

USOPC

<https://www.teamusa.org/Coronavirus-Updates>