

To: FPAC, APD, & County Coordinators  
From: Nancy Sawyer, Senior Vice President, Programs  
Date: Monday, May 04, 2009  
Re: Health Precautions & Concerns

We know that people are worried about what could happen to Summer Games. Please pass along this memo to your family members and coaches. This will appear on the website, in the coach's handbook and in the Memo that will go out on Wednesday. It would be a good idea to bring along extra hand sanitizer and give athletes a little extra coaching on the hand washing and cover your mouth routine which is covered in the memo below. Thanks

## **Special Olympics Florida 2009 State Summer Games: Swine Flu Information and Precautionary Steps You Can Take**

There are currently no indications that the 2009 State Summer Games will be cancelled or significantly impacted by the current outbreak of Swine Flu.

Special Olympics Florida and *Disneys Wide World of Sports* Complex are working closely, and in consultation with health officials, to monitor the situation and will alert delegations and spectators to any necessary changes to our Games or the unlikely event of Games cancellation.

### ***What is the nature of the swine flu infection?***

Swine flu is caused by a virus (Type AH1N1) believed to be a mixture of swine, bird and human viruses.

### ***How has the virus been transmitted?***

Generally by infected people coughing or sneezing such that infectious droplets become airborne or are directly projected onto others. It is possible to become infected by touching contaminated surfaces and then touching facial areas where the infectious agent can enter. Initial cases appear to have come from Mexico and additional cases are suspected in numerous countries at various levels. The distribution of cases globally and by severity will likely continue to change for the foreseeable future.

### ***How serious is the disease if one becomes infected?***

That depends. In some individuals, the disease appears to be relatively mild with full recovery 7-10 days after onset. In other individuals, it is much more severe and can cause serious illness and even death, generally due to pulmonary shut down (lung failure from pneumonia).

### ***How can disease transmission be prevented?***

Right now, it's important that you take everyday precautions:

- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it. If you don't have a tissue, sneeze into the arm area of your clothing.

- Wash your hands often with soap and water, especially after you cough or sneeze or touch surfaces that you suspect could be contaminated (e.g., hand holds on public transportation). Alcohol-based (50% alcohol) hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way. One may also need to think about how liberal they are with handshakes and remember periodic hand washing.
- There is no vaccine currently developed to prevent this infection.
- **Most importantly, please stay home if you get sick, or if you need to care for your dependent who gets sick. Contact a doctor if you have flu-like symptoms fever, sore throat, aching muscles and/or joints, cough, stuffy or runny nose.** The US Centers for Disease Control and Prevention (CDC) recommend that if you get sick you should stay home from work or school and limit contact with others to keep from infecting them.

**If any athletes, volunteers, chaperones or spectators are sick** (experiencing flu-like symptoms): **DO NOT COME TO SUMMER GAMES!** While we understand that not attending the Games may be disappointing for those effected, the safety and health of the delegations attending the games is the higher priority.

***How do I find out more about the flu, symptoms, etc?***

There are trusted sites you can access for more information including: US Centers for Disease Control and Prevention ([www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)); World Health Organization ([www.WHO.org](http://www.WHO.org)); Trust for America's Health ([www.TFAH.org](http://www.TFAH.org))