



U.S. Figure Skating  
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Dear U.S. Figure Skating Competitor,

With the start of the 2010 U.S. Figure Skating regional championships this weekend, U.S. Figure Skating would like to use this opportunity to remind you that you can play a role in preventing the spread of the flu by following some very basic health protocols.

As evidenced by the media attention given to the outbreak of both the seasonal flu and Swine Flu (H1N1), combined with the fact that a total of 2,402 entries are registered to compete in the 2010 qualifying season, it is important to take these precautions seriously for the success of you, the athlete, and the events involved.

With guidance by U.S. Figure Skating's High Performance Department and Medical Services Subcommittee, please take the following reminders and recommendations seriously as you travel this week or in the coming weeks:

**Common Flu Symptoms**

- Coughing
- Sneezing
- Nasal congestion
- Sore throat
- Chills or aches developing into fever over 100.4°
- Nausea, vomiting, etc.

**Common Health Protocols to Prevent Spread of Flu**

- Wash your hands with soap and water often!
- Cover your mouth and nose with a tissue when you cough or sneeze and discard the tissue in the trash after use.
- Carry hand sanitizer and use often during your travels and competition.
- Limit the amount of personal contact in public settings (handshakes, kiss on cheek, etc.)
- Monitor your situation closely if you develop flu-like symptoms. If you develop flu-like symptoms and fever above 100.4°, stay home for 24 hours after fever breaks without the assistance of fever-reducing medications (aspirin, ibuprofen, Tylenol).

If you have any questions or concerns regarding the flu, please contact your primary care physician and visit U.S. Figure Skating's [Travel Preparation Guidelines and Information home page](#).

Sincerely,

U.S. Figure Skating



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International Skating Union



Member