



GSSC ADMINISTRATIVE: ATHLETES & THE FLU

The Glen Shields Soccer Club officially advises the following until the FLU SEASON is over:

1. Handshakes between players and coaches and one another are not to be mandatory or required at practice or games. At league games during the indoor season coaches are to speak with the coaching staff of the opposing team as well as the referee prior to the start of the game to respect this decision.
2. If any player has symptoms of a Cold/Flu etc...they should take the necessary precaution and not attend practice. All players are to advise the coaching staff of any possible absences.

The following information was provided by the Health 4 Life Centre Inc.

With respect to athletes, there is an issue with suppressed immunity for the amount of exercise performed. Athletes are at risk for suppressed immunity because their bodies use up much of their nutrient stores during the activity, particularly iron, vitamin C and electrolytes which are key to fight against infections. Having said that, it is imperative they eat well, before, during and afterwards to replenish their stores from the excess activity. This is where we all need to be diligent with our eating habits for ourselves and our children. Being informed is key too.

Know the Difference between a Cold and H1N1 Flu Symptom

H1N1 Flu is about to be upon us and we need to be on top of information regarding it. Here is a comparison to the normal cold symptoms . The following information was provided by the Canadian Soccer Association.

Symptom

Cold

H1N1 Flu

Fever

Fever is rare with a cold.

Fever is usually present with the flu in up to 80% of all flu cases. A temperature of 100°F or higher for 3 to 4 days is associated with the H1N1 flu.

Coughing

A hacking, productive (mucus- producing) cough is often present with a cold.

A non-productive (non-mucus producing) cough is usually present with the H1N1 flu (sometimes referred to as dry cough).

Aches

Slight body aches and pains can be part of a cold.

Severe aches and pains are common with the H1N1 flu.

Stuffy Nose

Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.

Stuffy nose is not commonly present with the H1N1 flu.

Chills

Chills are uncommon with a cold.

60% of people who have the H1N1 flu experience chills.



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Tiredness

Tiredness is fairly mild with a cold.

Tiredness is moderate to severe with the H1N1 flu.

Sneezing

Sneezing is commonly present with a cold.

Sneezing is not common with the H1N1 flu.

Sudden Symptoms

Cold symptoms tend to develop over a few days.

The H1N1 flu has a rapid onset within 3-6 hours. The flu hits hard and includes sudden symptoms like high fever, aches and pains.

Headache

A headache is fairly uncommon with a cold.

A headache is very common with the H1N1 flu, present in 80% of flu cases.

Sore Throat

Sore throat is commonly present with a cold.

Sore throat is not commonly present with the H1N1 flu.

Chest Discomfort

Chest discomfort is mild to moderate with a cold.

Chest discomfort is often severe with the H1N1 flu.

The only way to stop the spread of the epidemic is to spread the awareness.