



Western Suburban Soccer League Coronavirus COVID-19 Statement (3/11/20)

WSSL Members,

With coronavirus (COVID-19) confirmed March 10 as arriving in Michigan, we wanted to assure our member clubs, participants and referees that the WSSL is keeping close tabs on recommendations from the Centers for Disease Control and Prevention (CDC), Michigan State Youth Soccer Association (MSYSA) and various other state and national entities.

Symptoms of coronavirus may appear anywhere from 2-14 days after exposure, so we urge everyone to follow CDC guidelines for preventing the spread of coronavirus (as well as cold and flu).

- Frequently wash your hands with soap and water for 20 seconds.
- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose or mouth with unwashed hands.
- Stay home when you are sick and contact your healthcare provider.
- Cover your mouth and nose with a tissue or upper sleeve when coughing and sneezing.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow the CDC's recommendations for using a facemask.
 - The CDC does not recommend people who are well wear a facemask to protect themselves from respiratory diseases, including the coronavirus.
 - Facemasks should be used by people who show symptoms to help prevent the spread of the disease.

Helpful links:

[CDC: Centers for Disease Control and Prevention's Coronavirus website](https://www.cdc.gov/coronavirus)
[Michigan.gov/Coronavirus](https://www.michigan.gov/Coronavirus)

Helpful tips via the CDC on what others overseas are doing:

- By the time someone has a fever and/or cough and goes to the hospital, the lungs are usually 50 percent fibrosis and it's too late. Taiwan experts provide a simple self-check that we can do every morning:
 - Take a deep breath and hold your breath for more than 10 seconds. If you complete it successfully without coughing, discomfort, stuffiness or tightness, etc., it shows there is no fibrosis in the lungs, indicating no infection.
- Japanese doctors are recommending everyone should ensure their mouth and throat are moist by taking sips of water every 15 minutes at least. If the virus is in your mouth, water washes it down into your stomach where stomach acid will kill the virus. If you don't drink enough water regularly, the virus can enter your windpipes and into the lungs.

We urge members to use their own discretion when scheduling/rescheduling games within the season's allowable schedule parameters and in regard to common game-day procedures such as coin toss captain handshakes and post-game handshakes. We will continue to monitor the situation and those who are impacted by it.

Chris Jackett, CPRP

President, Western Suburban Soccer League