

# Game Plan: Protect Yourself. Protect Your Team.

The best offense is a good defense. Use these tips to put up a strong defense against germs. Stay healthy to help keep your team and family healthy.



## WASH YOUR HANDS OFTEN

Scrub for 20 seconds.

Trick: Sing "Happy Birthday" to yourself twice.

## DON'T TOUCH YOUR FACE.

Sanitize your hands before if you have to.

## DON'T SHARE YOUR ITEMS

Water bottles, shoes, clothes, etc.

## FEELING SICK?

Hot or cold?

Upset stomach?

Sneezy or stuffed up?

Coughing?

Sore throat?

Head hurt?

Can't catch your breath?

Achy muscles?

Food lost its taste or smell?

Tell your parents or coach right away if you feel any of these things.

## HAVE TO COUGH OR SNEEZE?

Do it in your elbow.

## WEAR YOUR MASK

If you're not playing.

## STAND 6 FEET FROM OTHERS

That's about as tall as your favorite football player or take two giant steps back.

## SHOWER RIGHT AFTER ACTIVITY

And throw your clothes in the washer or hamper.