



Department of Municipal Licenses and Inspections

Mary E. McGrath, R.S., Director
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Joseph C. Sullivan
Mayor

June 3, 2009

ATTN: John Griffin
Braintree Youth Flag Football
28 Livoli Avenue
Braintree, MA 02184

RE: Hand Hygiene and Cough Etiquette

Dear Mr. Griffin,

As you probably know, there are different strains of flu affecting Massachusetts, including the new H1N1 strain ("swine flu"). So far, the symptoms of the new H1N1 flu are similar to those of seasonal flu. But any flu virus can cause serious illness, so we are working very closely with state health officials and local and state school officials to try to prevent the spread of the flu among students and school staff.

Most people who get the flu do not need to seek medical care and do not need to be tested for H1N1 flu. However, certain people may be at increased risk for complications from the flu. The Braintree Health Department continues to monitor the current H1N1 strain ("swine flu"), and would like to reiterate that although it is a cause for heightened awareness, it should not be a cause for alarm in the community.

Decisions made regarding sporting events within the town should be based on local influenza activity and evolving information about the severity of the illness, at risk groups and other local considerations.

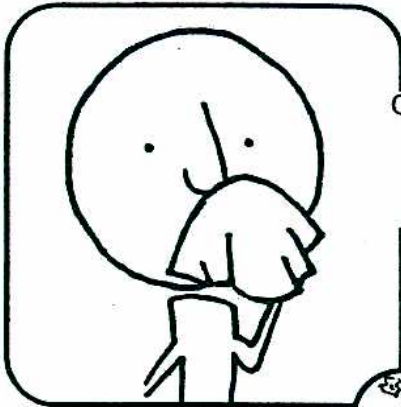
The Center for Disease Control (CDC) recommends that:

1. Persons with influenza-like illness (fever with either cough or sore throat) should be advised to stay home for seven days after the onset of illness or at least 24 hours after the illness has resolved, whichever is longer.
2. Persons at high risk of complications from H1N1 should consider their risk of exposure in communities where the virus is circulating.
3. All persons should be reminded to use proper cough etiquette and good hand hygiene.

The new H1N1 flu ("swine flu") provides an opportune time to reiterate an important public health message about measures that all participants in youth sporting and recreational activities can take to address health promotion and disease prevention. We are asking your organization to assist us in communicating to families and players the need to remain at home if ill, and to continue to use good hand hygiene and cough etiquette

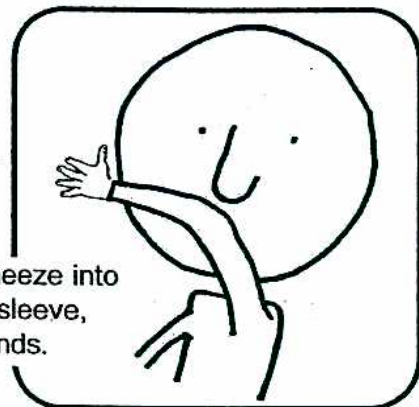
Stop the spread of germs that make you and others sick!

Cover your Cough



Cover your mouth
and nose with a
tissue when you
cough or sneeze
or

cough or sneeze into
your upper sleeve,
not your hands.

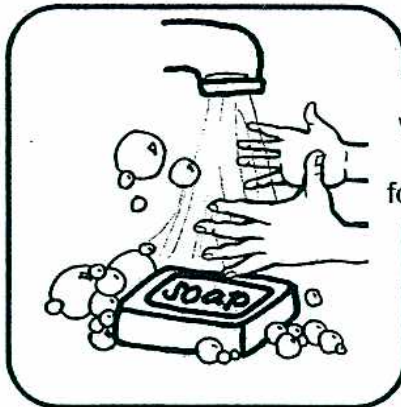


Put your used tissue in
the waste basket.



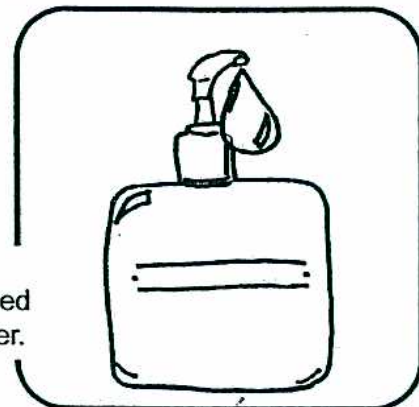
Clean your Hands

after coughing or sneezing.



Wash hands
with soap and
warm water
for 20 seconds

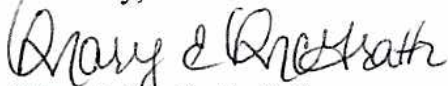
or
clean with
alcohol-based
hand cleaner.



practices while at sporting and recreational events. The Braintree Health Department would like to assist in extending this important message by providing prepackaged single use alcohol based hand sanitizers for use by your organization. Please contact Mary Mulready, Public Health Nurse at (781) 794-8094 if you are interested in obtaining the prepackaged hand sanitizers. Furthermore, I have also enclosed a guidance handout on hand hygiene and cough etiquette, if you would like to utilize it at your recreational facility. Please feel free to make additional copies of this handout.

Thank you in advance for your assistance in extending this important public health message. Should you or parents of youth participating in sporting events have any questions regarding the H1N1 flu, please feel free to contact the Health Department at (781) 794-8090.

Sincerely,

A handwritten signature in cursive script that reads "Mary E. McGrath".

Mary E. McGrath, R.S.

Director