



For Immediate Release: March 3, 2020

Last week, Pennsylvania Secretary of Health, Dr. Rachel Levine, outlined steps to prepare for community spread of the coronavirus known as COVID-19, as well as what all Pennsylvanians can do now.

Symptoms of the COVID-19 can include:

- Fever
- Cough
- Shortness of breath

The symptoms may appear in as few as two days or as long as 14 days after exposure. Reported illnesses have ranged from people with little to no symptoms to people being severely ill and dying.

- What can you do as individuals to diminish the possibilities:
- Cover coughs or sneezes with your elbow. Do not use your hands.
- Wash hands often with soap and water for at least 20 seconds.
- Use alcohol based hand sanitizer if soap and water are not available.
- Clean surfaces frequently, including countertops, light switches, cell phones, remotes, and other frequently touched items.
- Contain: if you are sick, stay home until you are feeling better.
- Replace hand shaking with fist pumps or elbow touches.

We are paying attention to the latest news regarding the Coronavirus and any information being posted or circulated by the PA Department of Health, the Center for Disease Control, and the NCAA. The following links are information items that provide guidance for groups and businesses.

<https://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/Coronavirus.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-business-response.html>

<http://www.ncaa.org/sport-science-institute/ncaa-coronavirus-resources>

With the PIAA winter championships in full swing and the GIANT Center, Hershey, and Bucknell University, Lewisburg, hosting championship events in the next three weeks, it's imperative that all administrators, coaches, contestants, and spectators be diligent in their assessment of their own health as well as their athletes health and if any questions arise, see the appropriate health care professional immediately.

All championship sites have medical staff on site and the use of hand sanitizers available throughout their facilities. All in attendance are encouraged to practice good hygiene habits which includes athletes showering before and after their participation. PIAA strongly encourages students, parents, and staff to consult their school or district's website or personnel for information regarding specific, local responses.

Thank you for your assistance and cooperation. Together we can assist in reducing the exposure to this public health concern.