With concerns rising about the spread of COVID-19, one of the most trusted and reliable ways to help prevent the spread of airborne infectious diseases is to follow standard precautions.

These precautions were found to be very effective during the SARS outbreak and are recommended by the Centers for Disease Control and Prevention as effective precautionary measures to mitigate the spread of COVID-19. Like SARS, influenza and even the common cold, COVID-19 may spread from person to person by respiratory droplets — not simply from a cough, but also through hand touching of the nose and mouth.

Given this knowledge, the NCAA embraces standard precautions for student-athletes and athletics stakeholders.

The CDC does NOT recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19.
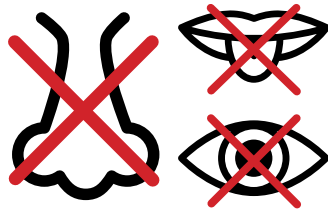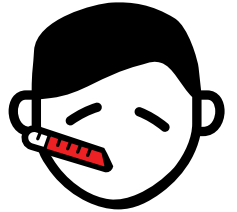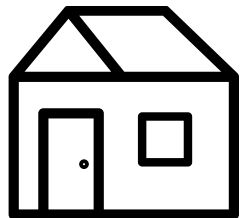

Healthy Tips
for Athletes and Athletic Personnel

Standard precautions include the following:

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, and then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces **using a regular household cleaning spray or wipe**.

Be mindful of cafeteria etiquette:
• **Do not refill drinks** from a cup you have been drinking from.
• Avoid touching utensils that others may be using.

Wash your hands often with soap and water for at least 20 seconds, especially:
• After going to the bathroom.
• Before and after eating.
• After blowing your nose, coughing or sneezing.
• If your hands are visibly dirty.
• If soap and water are not readily available, use a hand sanitizer.

Towels and water bottles:
• **Do not share towels**, and be certain to handle your towels yourself.
• Used towels should be placed into a designated area by the athlete.
• **Do not share water bottles.**
• This includes the practice of an athletics staff squirting water from a water bottle into an athlete's mouth.