

THIS WINTER'S DISEASE PREVENTION

Based on all information obtained through official medical channels, disease control and prevention, and health organizations with reference to the H1N1 virus, the unanimous outcome is, that vaccination is the best protection. According to the WHO's statement of November 11, the highest risk age group is 12 to 18. The virus is dangerous and unpredictable. Our swimmers are in the risk group and additionally susceptible because of strain and stress from training, competition, school, bizarre weather conditions, often missing enough sleep and proper nutrition.

Also according to a European Union statement of November 11, Europe has an epidemic. The influenza is advancing in waves throughout fall and winter months.

As the League Coach, the health and well being of the swimmers and their families and coaches is much of my concern. Their activities should be controlled with great care. Besides the vaccination, hygiene is indispensable, i.e. frequent washing of hands with special disinfecting soaps, and for swimmers especially, no sharing drinking bottles during work outs. Saliva is one of the main virus-transmitting substance.

Please consider the above and if you go for the vaccine, don't wait, do it now.

Peter Trummer

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