



Health Tips from SportMedBC

Combating Cold and Flu

As an athlete, you will be challenged by a number of factors at the BC Summer Games that could increase your chances of getting sick.

These include having to travel to the Games, living in shared rooms with other athletes, and competing many times over a few days.

Here are some strategies to minimize the chances of contracting and/or spreading a virus:

- Wash your hands frequently with soap and water, especially before touching your face or mouth. Minimum 5 times per day.
- Do not share food, clothing, towels, utensils, or water bottles with others, including friends or teammates.
- Reduce your training level for competition.
- Report any cold or flu-like symptoms to your coach ASAP.
- Reduce the amount of physical contact with others, i.e. handshaking, hugging, etc.
- Bring some nutritious snacks for on the road.
- Drink lots of water enroute and during competition.
- Make healthy choices at your meals.