



## International Football Club

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## Information Bulletin

**Bulletin #:** IFC2020 – 003  
**Date:** Mar. 3, 2020  
**To:** IFC Membership, Staff  
**CC:** IFC Directors  
**From:** Frank Iaizzo, Athletic Director  
**Subject:** Novel Coronavirus (COVID-19)

Good Afternoon IFC Members and Staff,

The health and well-being of IFC Soccer membership is important to all of us.

Membership are likely aware of media reports regarding the **Novel Coronavirus (COVID-19)**. While the Public Health Agency of Canada (PHAC) has assessed the public health risk associated with COVID-19 as low for Canada, we feel it is an appropriate time to share relevant information to keep our players, parents and playing environments safe and healthy.

Novel Coronavirus (referred to as COVID-19) has symptoms similar to the flu or common cold. This can include a fever, headache, sore throat, cough or shortness of breath.

To reduce the risks, health professionals recommend practices consistent with good hygiene, such as frequent hand-washing with soap and water for at least 20 seconds; avoiding touching your eyes, nose or mouth with unwashed hands; avoiding close contact with people who are sick; coughing or sneezing into your sleeve and not your hands; and staying home if you are sick to avoid spreading illness to others.

If you or anyone you know are experiencing symptoms of a cold or flu, please speak to your healthcare provider.

These links may also be helpful to you:

[U.S. Centers for Disease Control and Prevention](#)

[Health Canada](#)

[World Health Organization](#)

If you have any further questions, please contact [Frank Iaizzo, Athletic Director](#)