



Little League Communicable Disease Procedures

Coaches are reminded to take care to prevent the spread of communicable diseases between Little League players. All coaches are expected to follow the Communicable Disease Procedures as outlined in Appendix C of your rule book. These procedures primarily address the risk of blood born infectious diseases.

To further reduce the risks of diseases and infection, coaches and players should adhere to the common sense guidelines below.

Disease Prevention for Athletes

In addition to practicing good personal hygiene, athletes should also do the following:

- Keep hands clean by washing frequently with soap and water or using an alcohol-based hand rub.
 - At a minimum, hands should be cleaned before and after games and practices, when caring for wounds including changing bandages, and after using the toilet.
 - Both plain and antimicrobial soap are effective for hand washing.
- Avoid sharing personal items such as water bottles, helmets, and towels.
- Wear protective clothing or gear designed to prevent skin abrasions or cuts.
 - Cover skin abrasions and cuts with clean dry bandages or other dressings until healed.
 - Used bandages and tape should be thrown in the trash.
- Shower immediately after games and practices.
- Wash uniforms and clothing after each use.
- Clean all equipment and designate a place where it can thoroughly dry out after each use.

Medical Care for Infections

- Players should seek medical care for any infections.
 - Wounds should be kept covered with clean, dry bandages until healed.
- Players should report possible infections to their head coach.