



HEALTH & WELLNESS

USOPC.ORG
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#2

MINIMIZING THE IMPACT OF ILLNESS

Self-Help Treatments

- Get tested early so you can receive early treatment.
- Try to eat small, frequent meals, including protein, even if you do not feel like it.
- Hydrate well with water, sport drink, juices and non-caffeinated beverages.
- Avoid alcohol, as this can contribute to dehydration.
- Drink warm water with honey and lemon or gargle with warm salt water to soothe a sore throat.
- Use steam inhalation or a neti pot to help clear congestion.
- Use saline nasal sprays to keep mucous membranes hydrated.
- Sleep with your head elevated.
- Reduce training or take a rest day(s), especially if fever is present.
- Antibiotics should only be used if a physician determines you have a bacterial infection. If given antibiotics, you must complete the entire series.
- Increase ventilation in your room, and sleep separately from teammates and staff.
- Stay home when sick to limit the potential for spreading the illness. If you have to go out wear a mask, especially around teammates and staff.
- Avoid air travel if you are sick, especially if ear congestion is present.

USE GREAT CAUTION WITH OVER-THE-COUNTER COLD MEDICATIONS AS MANY ARE INCLUDED ON THE WADA PROHIBITED LIST.

Prevention

- Always wash your hands using soap and water for at least 20 seconds after using the toilet, before and after eating, after blowing your nose, or touching potentially contaminated surfaces.
- Avoid frequent touching of your face
- Regulate your training load with proper periodization and recovery.
- Reduce training if you show signs of over-training such as: excess fatigue, performance slump, excessive muscle soreness, low motivation, ongoing injuries, and elevated morning pulse.
- Cough or sneeze into your elbow.
- Avoid open containers of communal food where no utensils are available.
- Avoid sharing towels, beverage bottles, makeup, and skincare products
- Wear a mask in congested spaces like planes, busses, and trains.

Support your Immune System

- Consider getting a flu shot each fall, which is 70-90% effective in young, healthy populations. Ensure your vaccines are up-to-date and carry proof with you when you travel.
- The flu and COVID vaccines are an inactive form of the virus so you cannot get sick from them.
- Choose foods daily that contain:
- Vitamin C: Fruits & vegetables, especially citrus, bell peppers, kiwi, and broccoli
- Zinc: Meat, seafood, oats, nuts, seeds, & beans
- Probiotics: Yogurt, kefir, kimchi, & miso

Look Out for Common Prohibited Ingredients

Ingredients to avoid using if you are competing or getting close to a competition include:

- **Pseudoephedrine**, which opens airways by reducing swelling and counteracts drowsiness caused by anti-histamines in combination products. These products are sold behind-the-counter at the pharmacy or with a prescription. E.g. Sudafed
- **Levomethamphetamine** or propylhexedrine, found in nasal inhalants.
- **Epinephrine**, which is available as a metered dose inhaler or tablets sold to clear congestion in the lungs, or for relief from asthma.

These products will often have a "D" in the name or be marketed as the non-drowsy, or the "daytime" version of a medication.

Please check every medication at www.globalDRO.com prior to taking it to ensure it is not banned.

For all supplements, please check USADA's page about supplements: <https://www.usada.org/athletes/substances/supplement-connect/supplement-connect-faqs/>

When to seek Medical Care

As soon as any symptoms start. Urgent medical attention must be sought with any of the following:

- Fever over 101°F.
- Productive cough with yellow, green or blood-streaked sputum.
- Chest pain.
- Difficulty breathing.
- Pain in your ears.
- Sinus pressure.
- Persistent sore throat.
- Swollen lymph glands.
- Dizziness/fainting.
- Persistent vomiting.
- Disorientation/confusion.
- Any symptoms lasting more than one week.
- Severe body aches/fatigue not related to training.

