



# INFORMATION BULLETIN

**Bulletin No: 16/25**

Date: February 23, 2017  
To: All Hockey Alberta Membership  
From: Hockey Alberta  
**SUBJECT: MUMPS INFORMATION**

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With the recent outbreak of mumps in southern Alberta, and with the focus of teams on the final stretch of the hockey season and playoffs, Hockey Alberta would like to remind all members to communicate to teams the importance of practicing good health habits and preventing the unnecessary spread of illness. Some steps that can be taken include:

- Not sharing water bottles or drinks
- Covering ones mouth when coughing or sneezing
- Ensuring that participants are completely symptom free before returning to the rink

For more information on mumps please review the following Alberta Health Services link

<https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=hw180629>

For more information on preventing the spread of illness please review the Alberta Health link

<http://www.health.alberta.ca/health-info/prevent-infections.html>