

# Nanka Yudanshakai Medical Advisory Committee

TO: Nanka Yudanshakai General Membership

FROM: Nanka Medical Advisory Committee (MAC) – Dr. Dennis Hannon

RE: **Coronavirus COVID-19 Update – March 9, 2020**

Dear Membership,

As most have heard, the coronavirus 2019 (and the illness it causes COVID-19) is a novel virus from the coronavirus family first detected in Wuhan City, Hubei Province, China. Each day the CDC and other regulatory Health Services are learning more about this very infectious virus, along with specific recommendations for hygienic sanitation. Because this specific virus is new, there is a lack of definitive information at this time regarding its nature, contagiousness and exact serious illness rates. The details, severity of disease and recommendations are evolving with each day. The Nanka MAC continues to monitor this fluid situation both domestically and internationally. As mentioned we are continually learning more about Coronavirus, but precautions are currently similar to those during flu season.

- **Individuals**

- **Wash hands frequently and adequately** (20 secs with soap and water), or use alcohol based cleanser/hand sanitizer
- **If you develop a fever, cough or feel ill, do not go to your club or dojo for practice**, contact your medical provider and stay away from others
- Seek immediate medical attention if symptoms become severe, such as being short of breath or having difficulty breathing, **feeling lightheaded or dizzy**
- **Follow good personal hygiene** after every judo practice or competition, including **showering with soap and water and wash judo gi's after use**
- If travelling outside of the US, exercise diligent hand hygiene, avoid countries with a high number of cases and avoid public places with large numbers of people (travel precautions will continually be updated by the CDC: <https://wwwnc.cdc.gov/travel/> )

- **Clubs & Dojos**

- **Clean and disinfect frequently touched objects and surfaces**
  - Doors, drinking fountain, vending machines, cleaning tools such as brooms and mops, telephone, pens, pencils, etc.
  - Clean or exchange air handling filters in HVAC systems on a more frequent basis.
- **Clean and disinfect restrooms.**
  - Floors, counter top, soap and paper towel dispenser, door knobs and locks in both stalls, and entry door, toilets and urinals.
  - Maintain adequate supply of paper towels, toilet tissue, hand soap, and hand sanitizer.
  - Trash can should have self-closing lid. Avoid using open waste paper type basket.
- **Appropriately clean mats more frequently than usual**, using a disinfectant that will kill viruses (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5343532/> )
- **Sanitation Box**
  - Provide a small step-in box for cleaning feet near or adjacent to mat area. All judoka's entering and exiting mat area should clean feet in sanitation box.

Weekly updates will be emailed to each club. Should you have any questions, please contact Dr. Dennis Hannon at [medical@nankajudo.com](mailto:medical@nankajudo.com) or (562) 396-0353. Please leave a voice message.