

**MEDICAL SOCIETY
OF THE COUNTY OF ERIE**



**Erie County
Department of
Health**



Public Health
Prevent. Promote. Protect.



Catholic Health



DENT
NEUROLOGIC INSTITUTE



Horizon
CORPORATIONS

**BERTRAND CHAFFEE
HOSPITAL**



**Family Choice
OF NEW YORK**



**JERICHO ROAD
COMMUNITY HEALTH CENTER**

Jacobs School of Medicine and Biomedical Sciences
Division of Behavioral Medicine
University at Buffalo

UB|MD
PHYSICIANS' GROUP

**OPTIMUM
PHYSICIAN
ALLIANCE**

Catholic Medical Partners
INDEPENDENT PRACTICE ASSOCIATION

EDDS



Aesthetic Associates Centre
Plastic Surgery • Cosmetics • Implant Dentistry

PRIMARYCARE IPA
ADVOCACY. VITALITY. STABILITY.

**Population Health
COLLABORATIVE**

**Value
Network**
PARTNERSHIP AND INNOVATION FOR HEALTHCARE

**Excelsior
Orthopaedics**



CPA
Community Pediatric Associates
of Western New York
www.cpaofwny.com



**WESTERN NEW YORK
IMMEDIATE
CARE**

wellnow
URGENT CARE

HIGHMARK
WESTERN NEW YORK

Latus
MEDICAL CARE

Designed for members of
BlueCross
BlueShield

**general
physician
pc**

**Independent
Health**

WNY COVID Working Group

May 10, 2021

A LETTER TO STUDENT ATHLETES

We are nearing the finish line with COVID. But we have a distance to go. We are asking for your help.

Athletics are important to you. They are also good for your health and your future. But we have to reduce risks.

If you get COVID, you will be off sports for at least 2 weeks. This will affect your whole season. But COVID can affect you longer than that. Many kids have less energy for many weeks more. And unfortunately, sometimes COVID can hurt you permanently.

Here's what you can do:

- Get vaccine when you can. It is safe, like any other vaccine. It will protect you from spreading COVID.
- Encourage others, including your friends and parents, to get the vaccine. As more and more of us get vaccinated, we get closer to doing the group things we enjoy, like concerts and parties.
- Pay attention to your body. Don't go anywhere if you are sick, except to get tested. If you compete while sick, other people on your team could get COVID. If enough of your teammates get sick at once, you will have to forfeit games.
- Get tested if you have been exposed to someone who is sick.
- Don't go to practice or a game if you have a pending test.
- Wear a mask. Masks are important safety equipment. Wear a mask whenever your sport allows their use. It should cover both your nose and mouth. Avoid pulling your mask down, especially when you are near other people. Keep your mask on between activities, such as on the sidelines.
- Remind spectators to wear a mask. Coaches and officials should monitor mask use.
- Wash your hands a lot.
- Arrive at your competition ready to play. Avoid the locker room. If you can't, minimize locker room time, wear a mask and keep the number of people under 20.
- When traveling, avoid carpooling with people outside your family. Don't eat meals with other families.
- When you socialize with friends, do it outside.

Keep in mind that indoor sports are riskier. So if you play hockey or wrestle, for example, be extra careful.

You are a valuable member of your team. Let's make sure that the team continues to have you at your best.

continued

Reference

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

Signed:

Gale Burstein, MD, MPH
Erie County Department of Health

Richard A. Carlson, Jr., MD
Primary Care IPA

Richard Charles, MD
General Physician, PC

Joe Chow, MD
Immediate Care

Tyler Connine, MD
UB Emergency Medicine Residency

Anne Constantino, MS
Horizon Corporations

John Craik, JD
Population Health Collaborative

Tanvir Dara, MD
WellNow Urgent Care

Kathleen Dyson, MD
Community Pediatric Associates of WNY

Aimana ElBahtity, Esq.
Medical Society of Erie County

John Fudyma, MD, MPH
Latus Medical Care

Ken Garbarino, MD
Family Choice of New York
Kevin Gibbons, MD
UBMD

Kathleen Grisanti, MD
Pediatric and Adolescent Urgent Care
of WNY

Ed Heidelberger, MD, PhD
Bertrand Chaffee Hospital

Allana Krolikowski, MD
Jericho Road

Jeffrey Lackner, PsyD
UB Division of Behavioral Medicine

Charlene Ludlow, RN, MHA
Erie County Medical Center

James C. Matteliano, DDS
Eighth District Dental Society

Jason Matuszak, MD
Excelsior Orthopaedics

Jennifer McVige, MD
Dent Neurologic Institute

Mike Merrill, MD, MS, MBA
Independent Health

Katherine Mullin, MD
Roswell Park Comprehensive Cancer Center

Margaret Paroski, MD, MMM
Catholic Medical Partners

Sucharita Paul, MD, MPH
UBMD Emergency Medicine

Mark F. Perry, MD
Highmark Blue Cross Blue Shield of
Western New York

John Sellick, DO, MS
VA Western New York Healthcare System

Samuel Shatkin, MD
Aesthetic Associates Centre

Kevin Shiley, MD
Catholic Health

Stephen Turkovich, MD
Oishei Children's Hospital

Raul Vazquez, MD
Urban Family Practice

Andrea J. Wanat, MA
Value Network IPA

Joyce Zmuda, MD
Optimum Physician Alliance

The ILI/COVID Working Group of Western New York was formed in response to local variation in approach to the diagnosis and treatment of Influenza-Like-Illness and COVID-19 in the region. It is a collaborative effort of hospital systems, academic departments, independent practice associations, and insurers. The logos and signatures on this document represent the organizations' support of this statement.

Legal Notice and Disclaimer: Please note that the information contained in these resources does not establish a standard of care, nor does it constitute legal or medical advice. These guidelines reflect the best available data at the time the information was prepared. The results of future studies may require revisions to the information in this guideline to reflect new data. This information is not intended to replace individual provider clinical judgment in the care of their patients. Neither this workgroup, or any contributor to this effort, makes any representations or warranties, express or implied, with respect to the information provided herein or to its use.