

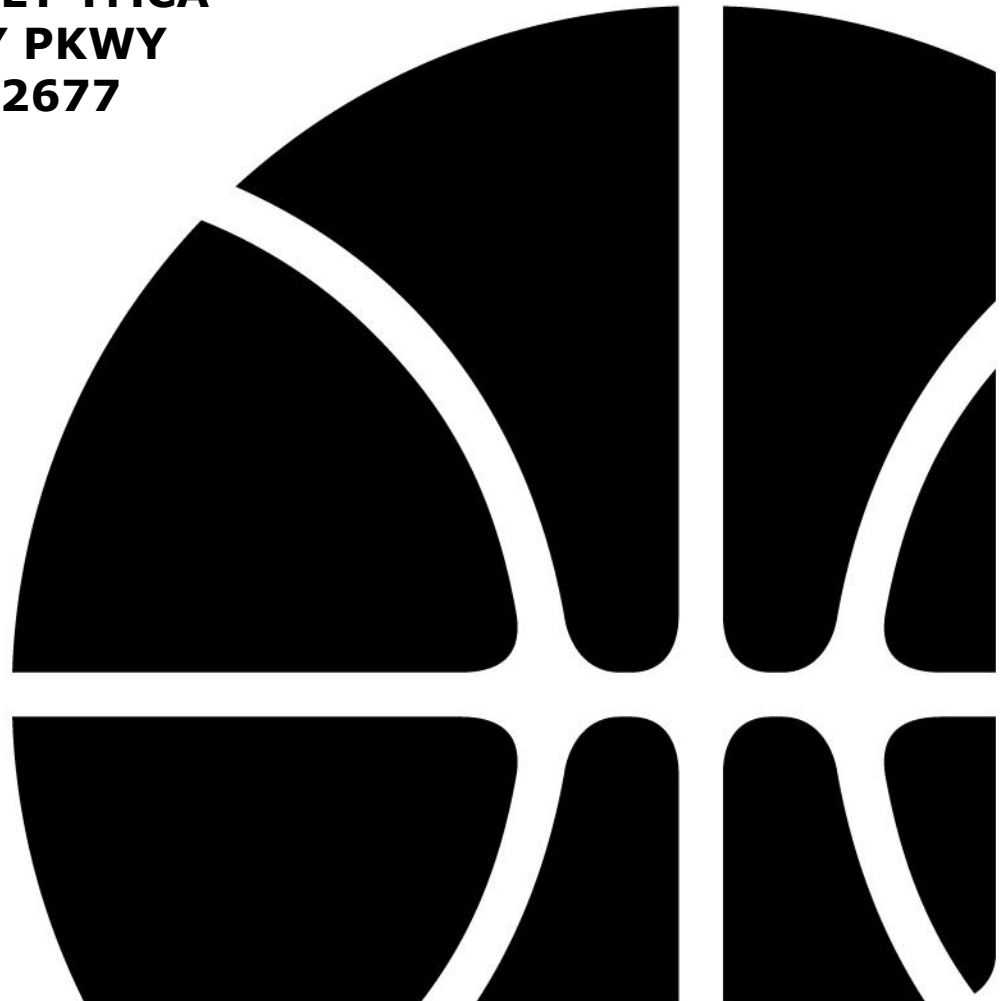


**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

BETTER TOGETHER

YMCA Youth Sports Parent Handbook

**LAGUNA NIGUEL FAMILY YMCA
29831 CROWN VALLEY PKWY
LAGUNA NIGUEL, CA 92677
(949) 495-9622**



Dear Parents,

Welcome to the Laguna Niguel Family YMCA's Youth Basketball League. Our hope is that your child has a youth sports experience that will be challenging, rewarding and exciting.

Our basketball program is designed to provide boys and girls between the ages of 6 to 14 the opportunity to learn and develop the basic fundamentals of basketball; while encouraging team participation and leadership to achieve a common goal, in a positive and fair environment.

Our goal is that each child will receive more than just the basic basketball skills. Each child will learn and grow within the four core values of the Y: caring, honesty, respect, and responsibility.

Please feel free to ask any questions or to make any helpful comments about the YMCA Youth Basketball League. Youth basketball works best when families take an active role in their child's participation and development of the program. We encourage your feedback and welcome your assistance in the program.

The YMCA's Youth Basketball Program utilizes volunteer coaches. The Y staff assist during practices and games. If you are interested in volunteer coaching please reach out to Cassidy Morse:

kmorse@ymcaoc.org

Thank you for your support of this fantastic youth program. We hope you and your child have many more wonderful YMCA experiences!

Sincerely,

YMCA Sports Department

Dates (Subject to Change)

TBD

First Practice

Practices for every team will begin this week and will be 45 minutes to an hour in duration. Typically, practices are scheduled in the late afternoon/evening. All practices will take place at the Laguna Niguel YMCA basketball gym.

TBD

First Season Game

All division games will begin on this date. Details regarding each game schedule is specific to age division. Games are played on Saturdays.

TBD

Picture Day

A sports photography company will be coming to the YMCA to take team photos for each team on this date. Team and individual pictures will be available for purchase. Order form will be distributed prior to picture day. Teams will need to arrive 30 minutes early to their game for their pictures. All players will be present in team photo regardless of photo purchase.

TBD

Allstar Games

Allstar games for the 8-9, 10-11, and 12-14 leagues will take place on this date. Practices will take place the week prior. Staff elected Allstar teams will play against Allstar teams from the Fullerton YMCA. Staff will elect the top players in the league to be apart of the team. Those players will be notified when the event comes.

TBD

Playoffs Begin

Playoffs for the 8-9, 10-11, and 12-14 age division begin. 1st place will play 4th place and 2nd place will play 3rd place. **6-7 age division does not have playoffs but will still have a game.**

TBD

Last Season Game/Championship Game

All season games will end on this date for all age divisions. 8-9, 10-11, and 12-14 will have the championship game or a consolation game. **6-7 age division does not have playoffs but will still have a game.** Team parties will follow this game.

TBD

End of Season Team Parties

All teams will have their end of season celebration on either of these dates. Celebrations will take place at the YMCA following your teams last game. Food will be provided for the players and coaches will distribute medals, certificates, and team picture

Important Information

Assessments

All players that are registered will participate on a team. This is NOT a "tryout". Teams are put together based on player's skill level, coach availability and court availability. Following the assessments, your child will be placed on a team, be patient as we form teams, and set practices for the league. You will be emailed with your team placement information by the Friday before practices start.

Uniforms

All players are required to wear the YMCA uniform to games. Uniforms are included in the registration fee. Any bottoms can be worn with the top provided.

YMCA YOUTH SPORTS

PROGRAM OVERVIEW

Mission Statement: The YMCA of Orange County puts Christian principles into practice through programs that build spirit, mind, and body for all.

Program Vision: The Laguna Niguel Family YMCA is dedicated to providing a progressive sports program for children emphasizing skill development, character development, sportsmanship, safety, member involvement, and most of all - FUN!

Philosophy: The foundation of YMCA Youth Sports philosophy is built upon the following seven pillars:

- Pillar 1: Everyone Plays
- Pillar 2: Safety First
- Pillar 3: Fair Play
- Pillar 4: Positive Competition
- Pillar 5: Family Involvement
- Pillar 6: Sport for All
- Pillar 7: Sport for FUN!

Program Values: Respect, Responsibility, Honesty, and Caring.

Program Goals: The YMCA Youth Sports Program is designed to teach children the fundamentals of sports through drills, practice, and games. The goals of the program are to:

- Have FUN!
- Build self-esteem
- Teach social skills, values, communication, and human relations
- Teach and encourage lifetime fitness
- Build relationships among peers and between parent and child
- Teach teamwork, fair play, and encourage positive sportsmanship
- Support and strengthen family life
- Develop responsibility, decision making, and leadership skills
- Create a positive learning environment for children and parents

Curriculum: The YMCA curriculum teaches children individual skills, tactics and team skills, rules and traditions of the sport. Children will learn about fitness, safety, positive attitudes, and fair play. The comprehensive curriculum prepares kids to do more than be winners on the court... it prepares them to be **winners for life!**

YMCA YOUTH SPORTS

PROGRAM POLICIES AND PROCEDURES

1. PLAYERS

- a. Every player should have an opportunity to experience each position by the end of the season.

2. PLAYER UNIFORM & EQUIPMENT

- a. All players will be issued a uniform to wear during games.
- b. Players' names are not allowed on team uniform for safety reasons.
- c. Sneakers or gym shoes must be worn at all times. **NO BLACKED SOLED SHOES.**
- d. All equipment must be used properly; safety is of the utmost importance.
- e. Players should bring water and a ball to all practices and games.
- f. Participants are **NOT** allowed to wear jewelry, casts, or other objects that might constitute a hazard during games and practices.

3. COACHES

- a. Each team will be assigned a head coach.
- b. It is strongly recommended that each team have an assistant coach
- c. Coaches should contact the YMCA Sports Director with any questions or concerns.
- d. Coaches will demonstrate and teach positive sportsmanship and encourage the development of program values.

4. PARENTS

- a. Parents **MUST** attend all practices, games, and events when possible.
- b. Every parent is responsible for reading the YMCA Youth Sports Handbook and following the guidelines set forth in the YMCA Youth Sports Parents Code of Conduct.
- c. Parents must be present at the YMCA facility for all practices and games. **Players under the age of 14 may not be dropped off and picked up after practice.** Parents who are members are welcome to use the facility and work out while their child is at practice.

5. PRACTICE

- a. Players and parents should arrive on time with the proper equipment.
- b. Parents should be present at all practices and activities.
- c. Parents are encouraged to participate and assist.
- d. Parents must email director and coach if a player will not be attending practice for absence to be considered excused. If player misses 4 practices without emailing director and coach, player will be unable to start in the next game.

6. THE COURT

- a. Playing areas are to be inspected before play to prevent hazardous conditions.
- b. The first team listed is the "Home" team and wears **WHITE**. The "Home" team sits on the left side.

7. EMERGENCY PROCEDURES & FIRST AID

- a. All attempts will be made to prevent incidents before they occur by exercising caution when dealing with equipment and following safety procedures.
- b. A first aid kit will be available at every court for practices and games.
- c. Contact the nearest YMCA staff member as soon as an incident occurs.
- d. Coaches should only perform basic first aid to the extent of their qualifications.
- e. A YMCA incident report should be completed immediately following the emergency/incident.
- f. Any player who is bleeding must leave the court immediately to receive medical treatment. The child may not return to play until the bleeding is stopped, the wound is covered, and there is no visible blood on the player.

8. CHILD ABUSE PREVENTION PROCEDURES

- a. Parents should be present at all activities.
- b. An adult (other than the child's parent/legal guardian) should never be alone with a child.
- c. Transportation is the responsibility of the player's parents. The coach and/or team parent is not responsible for transporting players. YMCA insurance does not cover transportation for parents or volunteers.
- d. All coaches are required to be CAP Volunteer trained.

9. SPORTSMANSHIP

- a. Good sportsmanship should be demonstrated at all times.
- b. Bad sportsmanship and negative behavior will not be tolerated.
- c. All games will conclude with a positive cheer and high fives for the opposing team.
- d. Players, coaches, and parents are encouraged to cheer positively for players on both teams.

10. REFUNDS

- a. Refunds for the full amount of the program may only be given up to 48 hours prior to the program starting. The program start date is the day of your participants first practice.
- b. No refunds will be given after the program start date.

11. HAVE FUN!

YMCA YOUTH SPORTS

YMCA BASKETBALL RULES

Game Times

Game is 40 minutes – 4 periods at 10 minutes each, for 8-9, 10-11 and 12-14 year old's

Running clock except during the last two minutes of the 4th period, for all ages 8-14

Game is 32 minutes – 4 periods at 8 minutes each for 6-7 year old's.

Running clock for duration of game for 6-7 year old's

Regulation Time: The last 2 minutes of the 4th period is regulation time. Under regulation time, the clock stops on all whistles. The clock resumes once the ball has been touched by a player inbounds.

Regulation time does not apply if the point difference is 10 or more in the last 2 minutes.

Length of playing periods for 8-14 year old's: There will be four (4) ten-minute periods for each age division. There will be a running clock every period, only stopping on:

1. Timeouts: 4 per team (2 per half -1st & 2nd quarters = 1st half, 3rd & 4th quarters = 2nd half.)
Timeouts do not carry over.
2. Shooting fouls occurring in the final two minutes of the 4th period
3. When the referee stops the clock

The clock: The clock is stopped:

1. During the last two (2) minutes of the game
2. If there is a point difference less than 10 points in the last 2 minutes.

Half Time: Half time will be one and a half minutes (1.5) minutes in duration for all divisions

- The 1st and 2nd periods will constitute the 1st half. The 3rd & 4th periods will constitute the 2nd half.

Backcourt Rules: Backcourt violation will be enforced. The offense has 10 seconds to take ball past the half court line towards their basket.

Bonus Free Throws: On the 7th team foul, on any one half, there will be 1 + 1 free throws.
On the 10th team foul, within any one half, there will be 2 free throws.

Timeouts: Each team has 2 timeouts per half (1st & 2nd qtr. = 1st half. 3rd & 4th qtr. = 2nd half).

Minimum / Maximum Play Rule: Each player will play at least 15 minutes and sit at least 5 minutes, of every game. Minutes will be played in 5-minute blocks of time. Blocks are from minute 10 down to minute 5, or minute 5 down to the end of the quarter.

Injury Rule: If a player is hurt and is not ready to play when the referee blows the whistle to continue the game, that player will have to come out and be replaced. The replacement player will be determined by which player available on the bench has the jersey number that is closest to zero. The injured player can come back into the game when he/she is physically and mentally able to.

Mercy Rule: The mercy rule comes in to effect when one team is leading by 20 points or more. Under the mercy rule, the leading team must play defense inside the 3pt line. If the leading team plays outside the 3-pt. line, they will be given a warning. The next time the leading team passes the 3-pt. line on defense it will be called a technical foul. The opposing team will shoot two free throws and maintain possession.

The mercy rule overrides all other rules concerning defensive pressure. All of these restrictions apply only to the team leading by 20 points or more. The team that is trailing by 20 points or more must still follow the divisional rules on defensive pressure. The team that is leading may substitute weaker players for stronger players at any dead ball situation if the score is excessive.

The mercy rule is withdrawn if the lead is 10 points or less.

When keeping score, the lead must not exceed 20 points but should still be kept in the scorebook. When the lead goes below 20 points, points may be added to the leading team on their next basket.

Overtime: The first overtime is 2 minutes of regulation time. Each team will have one timeout that does not carry over. If the score is tied at the end of the first overtime, the next period will be "sudden death." Each team will have one timeout in the sudden death period. The next team to score a point wins.

Foul Outs: A player is fouled out on the fifth personal foul of the game. A player that has fouled out must be removed immediately and cannot return to the game under any circumstances.

Defense Rule: Teams are allowed to play man-to-man defense or zone defense.

6-7 Age Group

Ball Size: 27.5

Hoop Height: 8ft.

Game Duration: 4 quarters at 8 minutes each

No Free Throw will be shot in this age group

Defense: The defense can apply pressure up to the half court line. There is no full court pressure at any time during the game. 2-3 zone is recommended for this age group.

8-9 Age Group

Ball Size: 28.5

Hoop Height: 10ft.

Free Throw Line: Free throw line is 12 feet from the basket. Players are encouraged to not cross the line.

Defensive Pressure: The defense can apply pressure up to the half court line. Teams may apply full court pressure during the last 2 minutes of the game and anytime during overtime.

3 In the Key: Offensive players are not allowed to stand inside the paint for more than 3 seconds. There is no defensive 3 seconds rule.

10-11 Age Group

Ball Size: 28.5

Hoop Height: 10ft.

Free Throws: Free throw line is 15 feet from the basket, regulation line. Players are not allowed to cross the line.

Defensive Pressure: The defense can apply pressure up to the half court line. Teams may apply full court pressure during the entire 4th period minutes of the game and anytime during overtime.

3 In the Key: Offensive players are not allowed to stand inside the paint for more than 3 seconds. There is no defensive 3 seconds rule.

12-14 Age Group

Ball Size: 29.5

Hoop Height: 10ft.

Free Throw Line: Free throw line is 15 feet from the basket, regulation line. Players are not allowed to cross the free throw line.

Defensive Pressure: The defense can apply pressure up to the half court line. Teams may apply full court pressure during the entire 4th period of the game and anytime during overtime.

3 In the Key: Offensive players are not allowed to stand inside the paint for more than 3 seconds. There is no defensive 3 seconds rule.

Other Rules

If the ball gets stuck between the rim and the backboard, the result is a Jump Ball.

Forfeit: If a team has less than 4 players, the game is considered a forfeit. The teams may scrimmage but the scoreboard will only be used to keep time. If a team has 4 or more players, then both teams must play 4 on 4 until a fifth player arrives and is still considered an official game. No player will be allowed to play for another team in an official game where the score is being kept. In scrimmages, teams are allowed to be mixed.

Substitutions: Players do not enter the game until the referee signals them to come in.

Pass to Yourself: According to CIF rules: A player who attempts a field goal is allowed to touch the ball even if it fails to touch the backboard, rim, or another player.

Out of Bounds: The ball is ruled out of bounds if it makes contact with anything behind the plane of the backboard. If the ball hits any of the beams above the court or any object outside of the court, then it is ruled out of bounds and possession goes to the team that did not touch the ball last. The referee is considered part of the court unless he/she touches the ball while standing out of bounds.

Conduct: Unsportsmanlike conduct on part of the players, coaches, or parents will not be tolerated. The occurrence of such conduct will result in the player/coach/parent being asked to leave the premises. The coach is responsible for the actions of his/her team, which includes his/her bench and parents. No horns or whistles will be allowed in the gym. Foul language will not be tolerated. Parents/Players: Cheer for your team and applaud even when opposing team is doing well. Teach our kids how to play sports the right way.

Have Fun: The YMCA promotes the "Everyone is a Winner" philosophy. We keep score in our games, but every player can leave the gym proud of their effort and attitude, regardless of the final result. Adults should reinforce these values by creating a relaxed atmosphere so the kids can have fun and play to their potential.



Laguna Niguel Family YMCA Youth Basketball League Rule Addition

Technical/Flagrant Fouls/Ejections

- Excessive verbal abuse, profanity, yelling, taunting, provoking will result in a Technical Foul. Glaring at anyone is considered to be taunting and the player will be assessed a "T". Talking to your opponent in a negative manner will be a "T"
- An excessive hard foul or dangerous play/foul will be a "T"
- Any sort of fighting or coming in contact with a player from the other team in a threatening or dangerous way will be a "T"
- If players from both team get into an argument or fight, both will be assessed with a technical

Each technical will result in a pause of the game for the referee to talk to both coaches.

Technical Fouls per Player per Season

1st Technical "T": Referee will talk to coach and player assessed will sit out for the remainder of the current game.

2nd Technical "T": Referee will talk to coach and player will sit out the remainder of the current game and the next calendar game.

3rd Technical "T": Player will be removed from the current game and suspended for the remainder of the league with NO refund. Participation in future leagues will be reviewed by management.

Please direct questions to Jaden Hasselkus, Sports Lead fhasselkus@ymcaoc.org and Cassidy Morse, Sports Director kmorse@ymcaoc.org or 949-249-6223.

Coach Guidelines and Expectations

Coaches are expected to show up to all practices and games. Coaches must promote good sportsmanship, and Y values; caring, respect, responsibility, and honesty during all interactions with the players, referees, parents, and staff. Furthermore, coaches must always display these same character traits and commit to being positive role models.

Coaches Background Check

All coaches must complete a volunteer application and an online child abuse training before the season. All must be completed prior to the first practice.

Contacting Your Team

All coaches are responsible for contacting their team throughout the season. In coordination with the Program Coordinator, coaches will be given a parent and player roster with contact information and emails.

Unsportsmanlike Conduct

Good sportsmanship is expected of all players, coaches, and parents at all times. No "trash talking" or name calling will be tolerated. In addition, please ensure that both teams lineup for handshakes after the game to encourage good sportsmanship and positive attitudes. Individual players with unsportsmanlike conduct will be asked to sit out for a quarter. If the issue continues within the same game. That player may be asked to leave the game. If the entire team displays unsportsmanlike conduct, they will forfeit the game and be asked to leave the gym.

Code of Conduct

Please arrive on time to all practices and games. Keep comments to players, parents, officials, and coaches positive. Cheer for all players and encourage good sportsmanship. Show interest, enthusiasm, and support for the children. YMCA Sports Staff will supervise all practices and game to provide equipment, assist coaches, provide first aid, and answer and sports questions. If any issues may arise, please contact the Program Coordinator at kmorse@ymcaoc.org or (949) 495-9622.

YMCA YOUTH SPORTS
CHILD'S HEALTH STATEMENT, MEDICAL AUTHORIZATION,
PARENT CODE OF CONDUCT

Child's Health Statement:

As the parent/guardian of the above named child, I, the undersigned understand that at a YMCA Sports Program, physical activity is a regular part of the program. To the best of my knowledge, my child is in excellent physical health and needs no restrictions from strenuous activity. If I have any questions regarding my child's health, I understand that it is my obligation to seek professional medical advice and to inform the YMCA of any restrictions on my child's activities.

Medical Authorization:

As the parent, authorized representative, or legal guardian, I hereby give consent to the YMCA to provide emergency dental or medical care prescribed by a duly licensed physician (M.D.) dentist (D.D.S.) or osteopath (D.O.) for the above name child. This care may be give under whatever conditions are necessary to preserve life, limb or well-being of the child above.

Parent Code of Conduct:

As a spectator, the expectation is to treat all players, coaches, staff, and other spectators with respect. Cheering for your team is encouraged but the staff and referees reserve the right to ask any parent to leave the facility for use of profanity, arguing, making demeaning comments towards any player, coach, referee, or staff member. Referees can also apply technical fouls towards the teams coach on behalf of fans who do not follow the code of conduct.

YMCA YOUTH SPORTS
PHOTO AND VIDEO/AUDIO RECORDING RELEASE

From time to time, the YMCA of Orange County takes pictures and/or videos of members/participants while in the normal operation of YMCA programs. Most photos/video are used exclusively within the specific program as postings on bulletin boards, such as to document a service learning project that youth are leading as a part of a designated YMCA activity. Occasionally, the YMCA uses photos, video, and/or audio recordings to share with the community the variety of experiences and opportunities available at the YMCA. In the event that the YMCA of Orange County uses any photos/video/audio footage for external publication purposes the following release is required.

For my participation (or my child's) in activities to be conducted by the YMCA of Orange County, I hereby give my permission and consent to the YMCA of Orange County to print, reproduce, edit, broadcast video film, footage, sound track recordings of me (or my child) for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business uses without any compensations, and/or claim, by me. I agree that the photograph/video/audio become the exclusive property of the YMCA of Orange County and I waive all rights hereto. I represent that I am over the age of eighteen (18) years and I have read the foregoing and fully understand its contents.

No modifications of this agreement shall be of any effect unless it is made in writing and signed by all parties in the agreement.

Concussion Policy

In order to keep our children protected and safe we ask that all parents and guardians read the Concussion Fact Sheet below.

Concussion INFORMATION SHEET



This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.



Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season.*



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CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

▶ **Children and teens** who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to [cdc.gov/HEADSUP](https://www.cdc.gov/HEADSUP)

