



PCSL Families,

As we all continue to monitor the developments with COVID-19, we wanted to make sure we're sharing important information and resources to our membership. For an update on the virus, as well as helpful tips on how to stay healthy, please [follow this link](#).

To avoid sickness, we recommend the following: washing your hands frequently, disinfecting frequently touched surfaces, coughing or sneezing into a tissue and properly disposing the tissue after use, avoiding touching your eyes, nose and mouth, and avoiding close contact with people who are sick.

Refrain from handshakes, fist bumps are encouraged instead. If you feel unwell, please stay home and do not attend training.

Please note we are continuing to monitor the situation. We are also monitoring updates from the CDC, Illinois Department of Public Health, and McLean County Health Department and will continue to share updates as they arise.

Prairie Cities Soccer League/Illinois Fire Juniors

www.pcslsoccer.org

705 E. Lincoln, Ste. 113

Normal, IL 61761

309-451-GOAL(4625)

