



BE AWARE

If you need to sneeze or cough, use the inside of your elbow or a tissue instead of your hands. Try not to touch your face. If you do, wash your hands or use hand sanitizer before and after!



PRACTICE PHYSICAL DISTANCING

We love hugs and high fives as much as you do, but at this time, it is important to stay 6 feet apart. Special Olympics events will look a little different for a while to help everyone stay safe.



WASH YOUR HANDS

Wash your hands for 20 seconds with soap and water. You can also use hand sanitizer with an alcohol content of 60% or more.



KEEP IT CLEAN

Frequently clean and sanitize commonly touched objects with an antibacterial cleaner.



FACE MASKS

Wear a face mask outside of your home, especially if you have a cough, runny nose, or are sneezing. At Special Olympics practice and events, you will be expected to wear a face mask, except during active physical activity.



STAY HOME

If you feel sick, or are showing symptoms, stay home and call your healthcare provider for evaluation.