



### **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 may 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.