



Local Program General COVID-19 Information

What is coronavirus disease 2019 (COVID-19)?

Coronavirus COVID-19 is a viral illness that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that was first discovered in Wuhan, China in 2019.

According to the CDC, people with intellectual disabilities (ID) are at increased risk of contracting COVID-19. In addition, people with ID experience higher rates of chronic and underlying health conditions that also put them at higher risk of serious illness and poorer outcomes from COVID-19.

What is Special Olympics doing to prevent the spread of COVID-19 during events?

Special Olympics Kentucky and its affiliated local programs will:

- Abide by the latest mandate of no Special Olympics activity allowed through June 15.
- SOKY will continue to monitor and adopt guidelines established by Governor Beshear
- Continue to monitor local and state health departments to assess risk.

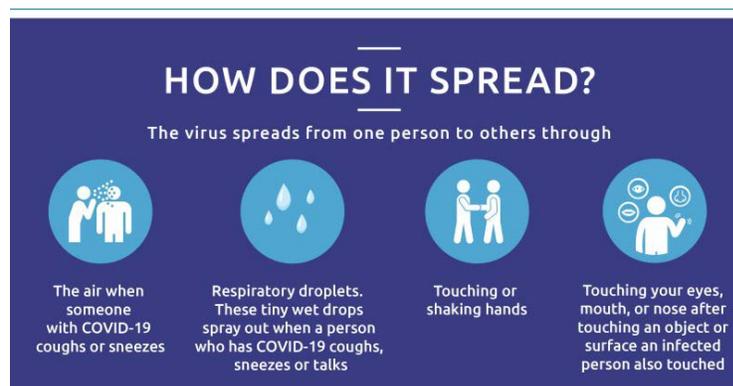
Communicate precautions to all participants and remind individuals (athletes, coaches, volunteers, staff, and others in the Special Olympics community) who are sick to stay home. Distribute and share prevention and education materials.

How does COVID-19 spread?

The virus spreads from one person to others through:

- The air when someone who has COVID-19 coughs or sneezes
- Respiratory droplets. These are tiny wet drops that spray out when a person who has COVID-19 coughs, sneezes or talks. They can land in the mouths or noses of people who are near, or they can be sucked into the lungs when a person breathes in.
- Close contact, like touching or shaking hands.
- Touching something, like an object or surface, with the virus on it, then touching your mouth, nose, or eyes before you wash your hands.

NOTE: You can have COVID-19 and not have symptoms. So, people could spread COVID-19 to others by the air or those respiratory droplets and not even know they had COVID-19. That is why it is important to wear a face covering and stay at least 6 feet away from others.



CORONAVIRUS (COVID-19)

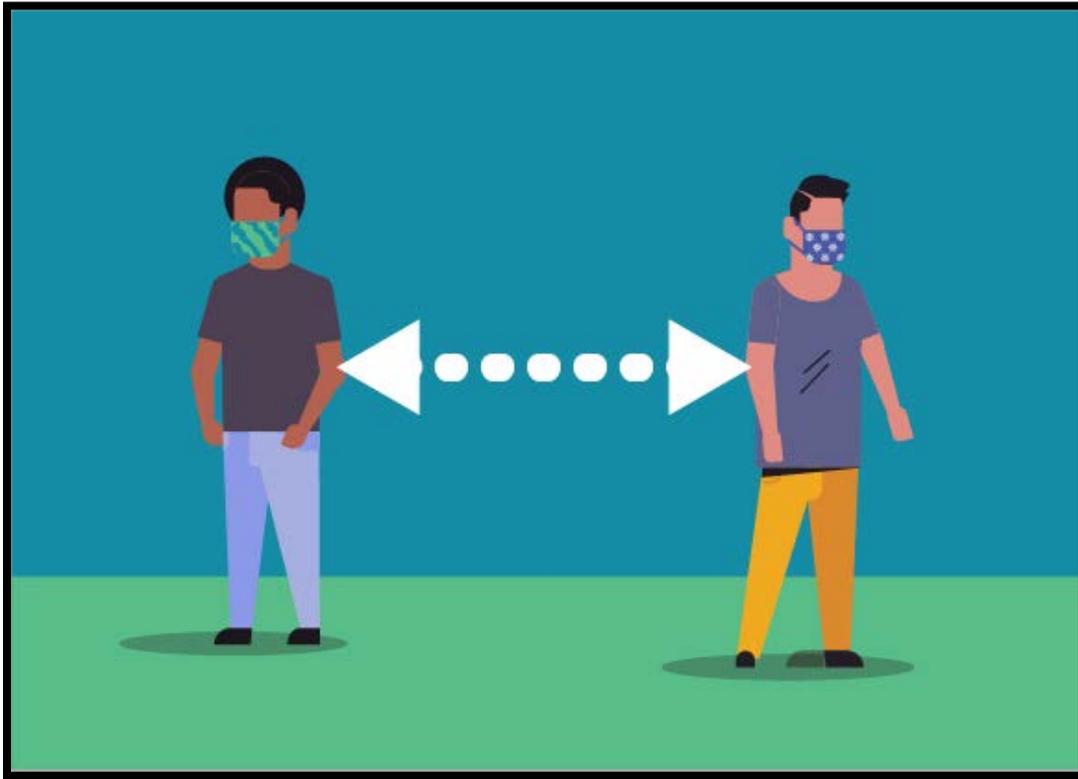
What you need to know



Should I wear a mask when I go out in public?

- Yes. You should wear a face covering whenever you are out in public. Face coverings can help prevent the spread of the disease to others. If you got COVID-19 and you do not yet have symptoms, you could still spread it to others. Wearing a face covering can reduce that spread.
 - Everyone should wear a cloth face cover when they have to go out in public, including all Special Olympics activities, events, until determined no longer required.
- **NOTE:** You can have COVID-19 and not have symptoms. So, people could spread COVID-19 to others by the air or those respiratory droplets and not even know they had COVID-19. That is why it is so important to wear a face covering and stay at least 6 feet away from others.

WHAT IS SOCIAL DISTANCING?



Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home. To practice social or physical distancing:

- Stay at least 6 feet (about 2 arms’ length) from other people
- Do not gather in groups
- Stay out of crowded places and avoid mass gatherings

In addition to everyday steps to prevent COVID-19, keeping space between you and others is one of the best tools we have to avoid being exposed to this virus and slowing its spread locally and across the country and world.

Limit close contact with others outside your household in indoor and outdoor spaces. Since people can spread the virus before they know they are sick, it is important to stay away from others when possible, even if you—or they—have no symptoms. Social distancing is especially important for people who are at higher risk for severe illness from COVID-19.

TAKE CARE OF YOURSELF

Taking care of yourself is a must - prevention of other health issues is important during this time, because you want to avoid the need to visit a doctor’s office or hospital as these are places you could become exposed to COVID-19. Eat right, stay active, practice good oral hygiene, and make sure you are getting adequate sleep. Make sure you are taking your medications as prescribed. Make sure you are keeping your mind active and happy.

HOW TO PROTECT YOURSELF?



Washing your hands often with soap and water for at least 20 seconds



Cover your mouth and nose with a face covering when around others



Practice social distancing. This means stay 6 feet or (about 2 meters) away from others



Stay home as much as possible, and definitely when you are sick



Clean surfaces with disinfectant



Don't touch your eyes, nose and mouth with unwashed hands



Cover your nose and mouth when you sneeze or cough

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HANDWASHING

MY GOAL:
Have clean hands and prevent spread of germs



HAND WASHING IS IMPORTANT BECAUSE...

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria
- It is the best way to stop germs from spreading



6 EASY STEPS TO CLEAN HANDS



WET YOUR HANDS



APPLY SOAP



WASH YOUR HANDS FOR 20 SECONDS



RINSE WELL



DRY YOUR HANDS



TURN OFF WATER WITH PAPER TOWEL

Don't forget to scrub between your fingers, under your nails, and the top of your hands.

WHEN TO WASH YOUR HANDS

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or touching your mouth

HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

- Sing Happy Birthday to yourself twice
- OR
- Sing the alphabet song to yourself



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Tips for keeping a **Strong Mind**



CONNECT WITH OTHERS

Text, call or video chat friends, team mates, coaches and family



GET 8 HOURS OF SLEEP

Avoid caffeine and technology before bed



STAY ACTIVE

Exercise 30 minutes a day most days of the week



EAT HEALTHY FOODS

Fill your plate with fruit, vegetables, lean protein or beans and whole grains



USE STRONG MINDS STRATEGIES

Try deep breathing, stretching/yoga and thinking positive thoughts



ASK FOR HELP

Contact your medical provider if you feel overwhelmed



SpecialOlympics.org



Strong **Minds-fulness**

WHAT

Free online mindfulness sessions to practice meditation techniques that can help manage stress.

WHEN

Fridays 3pm EST
(Starting May 15th)

WHERE

Register here:
<https://specialolympics.zoom.us/meeting/register/tJwkdemtqD8-jGdy2nMrXSHOD8rODjW6KgD8>

WHO

Created for Special Olympics athletes, but everyone is welcome.



SpecialOlympics.org



Healthy Sleeping Tips



LESS SCREEN TIME

Try limiting the use of technology (like TV, smartphones, and computers) for at least 30 minutes before bed.



AVOID CAFFEINE BEFORE BED

Don't eat or drink any caffeine for at least 4 hours before bed. Caffeine can be found in coffee, tea, chocolate, and cola.



SLEEP ROUTINE

Create a routine by going to bed and waking up at the same time every day and doing relaxing activities before bed (read a book, take a warm bath, do some stretches/yoga, listen to music, or meditate).



GOOD SLEEPING SPACE

Your sleeping space should be dark and be a comfortable temperature.



CALMING ACTIVITY

If you have trouble falling asleep, try a calming activity. For example: listen to music, meditate, think positive thoughts, deep breathing, or use a stress ball



DAILY EXERCISE

Exercise is important, but not right before bed. Finish exercise at least 3 hours before bedtime to help you fall asleep faster.