

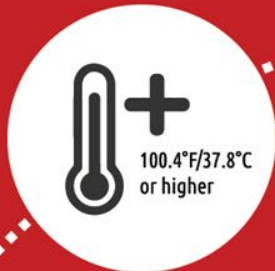
Coronavirus/COVID-19 Information

Special Olympics
British Columbia



What you need to know

SYMPTOMS



FEVER



COUGH



**SHORTNESS
OF BREATH**



**CALL YOUR
HEALTHCARE
PROVIDER IF YOU
HAVE ANY
OF THESE
SYMPTOMS**

What you need to know

HOW DOES IT SPREAD?



Coughing or sneezing
in close personal
contact



Shaking
hands



Touching your eyes,
mouth, or nose

What you need to know

HOW TO PROTECT YOURSELF?



Stay home
if you are sick



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

What you need to know

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

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



RINSE WELL



DRY YOUR HANDS



TURN OFF WATER WITH PAPER TOWEL

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 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



What you need to know

HOW TO PROTECT YOURSELF?



Avoid being around people who are sick



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

What you need to know

HOW TO PROTECT YOURSELF?



Clean surfaces
with disinfectant



Cover your nose and
mouth when you
sneeze or cough

Your safety and health are important!



Our public health leaders are telling everyone to stay home and stay safe right now. So Special Olympics BC decided to pause all training programs, all competitions, and all face-to-face meetings and activities until
May 30, 2020.

What's next?



- SOBC will continue to monitor and follow the instructions of the BC Centre for Disease Control and the Public Health Agency of Canada.
- As soon as we know what's next, we will let everyone in B.C. know.
- Special Olympics BC is making tools to help athletes stay active at home, and to help coaches complete remote training if they can – check out www.specialolympics.bc.ca

Using social media



- Social media can be a great way to stay in touch with all the friends and family members you aren't currently seeing in person. (But remember to take breaks from your screen throughout the day!)
- While we know it is disappointing that programs aren't happening right now, it's important to stay positive and encourage others.
- You can cheer each other on in your at-home training, and share memories of some of the really good things that have happened so far this year in your sports. Did you learn a new skill? Score more baskets? Meet new friends?
- Please share those success stories!

