



Based on current evidence, the COVID-19 virus is transmitted between people through close contact and airborne aerosol droplets. The most effective methods to reduce transmission include: maintaining physical distance, frequent hand washing and **wearing a mask or face covering**.

Masks and face coverings are known as personal protective equipment (PPE).

What to know about masks/face coverings:

- They are recommended as a barrier to help prevent droplets from traveling into the air and onto other people when the person wearing the mask coughs, sneezes, talks, or raises their voice.
- They are recommended for all people 2 years of age and older.
- They should be worn in public settings.
- They should NOT be worn by children under the age of 2 or by anyone who has trouble breathing.

How to select, wear, and clean your mask or face covering:

- Wear a mask or face covering with two or more layers.
- Wear the mask or face covering over your nose and mouth and secure it under your chin.
- Wear a mask or face covering that fits snugly against the sides of your face and doesn't have gaps.
- Put on and take off your mask or face covering by the ear loops or ties.
- Cloth masks should be washed regularly with your laundry.

Special Olympics encourages the use of mask or face covering wearing for all activities.

Guidance for SO Programs Issuing Masks/Face Coverings:

The visual guide for how to wear a mask properly has been designed to share with Special Olympics athletes, coaches and families. Specifically, if your SO Program is receiving Health funding, a PPP loan, and/or giving out masks or face coverings to athletes, the mask/face covering wearing guide needs to accompany the mask/face covering to ensure proper education and use.

Masks and face coverings should be worn in any public setting. When wearing a mask or face covering, they should cover from the bridge of your nose to your chin. It will cover your nose and mouth, if it is worn properly.

How to properly wear a face mask



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