

Dear Special Olympics South Dakota (SOSD) Community,

In light of the ongoing global concern regarding Coronavirus (COVID-19), we want you to know we are doing everything we can to be proactive in protecting our athletes, volunteers, coaches and the entire Special Olympics South Dakota community.

Special Olympics International(SOI), together with our regional offices worldwide, and specifically the SOSD offices are monitoring the situation very closely. SOI is in touch with the US Centers for Disease Control and Prevention (CDC), the World Health Organization (WHO), the International Federation of the Red Cross and Red Crescent Societies (IFRC), and others regarding the situation and recommended guidance, in relation to the particular risks our athletes may face. SOSD will follow the guidance of our local and national health authorities (Public Health Departments, Ministries of Health, local health offices, CDC and WHO).

**EVENTS:** SOSD will take caution regarding all events. SOSD will proceed with an abundance of caution and consider postponing or canceling events if there is local transmission. We will be heeding advice of local public health authorities as we make any decisions.

**IF SOMEONE IS ILL:** We always advise that all athletes, staff, volunteers, coaches and caregivers should be instructed to stay home if they have a fever or any signs and symptoms (cough, shortness of breath). Athletes should not participate if they are sick, for their own health and to reduce transmission of any infections to others. They should return to play once they are well and have no fever for at least 24 hours. Of course, all are advised to seek appropriate medical care and to consult with a licensed health care professional in cases of illness. SOSD will inform Delegations statewide if we are made aware that a local athlete, volunteer, coach is found to have Coronavirus in addition to cooperating fully with all local, national and international health authorities.

**IF SOMEONE IS TRAVELING:** SOSD is recommending that all individual travel be considered with caution. Travelers planning or taking discretionary trips should weigh known health risks before undertaking travel plans. No one should travel if that person is uncomfortable or has concerns about their health and safety.

Please find attached some best practices for overall health, especially in the influenza season.

More to come as things progress. Please contact the State Office at anytime if you have questions. Thank you!

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## **BEST PRACTICES FOR OVERALL HEALTH**

The CDC recommends that individuals receive the flu vaccine and engage in everyday preventative measures, to prevent the spread of germs, including:

- Do not go to work if you are sick. Stay home if you have a fever or any symptoms of illness (cough, difficulty breathing).
- If you need to seek medical care for a flu-like illness, call in advance and ask for instructions on where to go.
- Avoid close contact (< 3-6 ft.) with people who are sick.
- Avoid large crowds, if possible.
- If you are sick, do not visit those who are elderly, chronically ill or immuno-compromised.
- Cover your nose and mouth with a tissue when you cough or sneeze.
  - o After using a tissue, throw it in a wastebasket and wash your hands.
  - o If you do not have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Wash your hands often with soap and water for at least 20 seconds.
  - o If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.
- Avoid touching your eyes, nose or mouth.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipes.
- Consider having a plan for what you might do if social distancing measures are put into effect (six feet distance between persons, no handshakes or other contact) or if you were quarantined.
  - o See for further information on business response:  
<https://www.cdc.gov/coronavirus/2019ncov/specific-groups/guidance-business-response.html>.
- As per the directives above, common sense should prevail. Again, if at all in doubt in any situation, it is best to err on the side of caution.