



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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