Special Olympics Northern California & Nevada has made the difficult decision to cancel all upcoming competitions, practices, and Healthy Athletes events through March 31, 2020, due to concerns surrounding the spread of the coronavirus and the illness that it causes, COVID-19.

Your health and safety are our top priorities. We have followed the recommended precautions at previous competitions and events; we communicated the most current recommendations to all participants. Due to this evolving situation and considering the advice of Special Olympics, Inc., and the Centers for Disease Control and Prevention (CDC), all winter sports events, Healthy Athletes events, and spring sports practices are canceled through March 31, 2020, or until further information is shared.

We know that our athletes train very hard to participate in competitions. These decisions are very disappointing for everyone, including the families, fans, volunteers, staff, and board members who support the athletes and look forward to cheering for them.

Going Forward
We will do our best to keep all of you informed as news about the coronavirus develops. Updates will be posted by us on our websites, www.sonc.org and www.sonv.org, as well as on our Northern California and Nevada Facebook pages. Also, the information will be communicated by our sports staff to our Area Directors, Coaches, and volunteers, in both states, for all affected Special Olympics events.

Thank you all for your ongoing dedication to, and support of, our Special Olympics programming.

Sincerely,

David L. Solo
President & CEO, Special Olympics Northern California and Nevada
CORONAVIRUS INFORMATION AND RESOURCES

CDC Guidelines and Other Health Resources

- Centers for Disease Control & Prevention (CDC)
- World Health Organization (WHO)
- California Department of Public Health (CDPH)
- Nevada Department of Public Health & Human Services

Helping to Reduce the Spread of Illness
As a reminder, the CDC recommends that all of us follow simple everyday practices to help prevent the spread of all respiratory viruses, including colds and the flu as well as COVID-19.

Specifically:

- Wash your hands often with soap and water for at least 20 seconds, and use a hand sanitizer if soap and water are unavailable.
- Avoid touching your eyes, nose, and mouth.
- Avoid close contact with people who are sick.

Individuals at Higher Risk for Serious Illness
According to the CDC, the majority of individuals who contract the coronavirus will likely experience mild symptoms. Certain other people are believed to be a higher risk for severe illness.

These higher risk groups include:

- People over the age of 50, with the risk increasing with age.
- People who are immunocompromised.
- People with underlying medical problems, including cardiovascular disease, diabetes, cancer, heart disease, and chronic lung disease such as COPD.