



Family Health Resources

Topic: COVID-19 and the Special Olympic Athlete

Special Olympics Washington General Resources

- [Health Programs](#)
- [Family Support](#)
- [Fitness at Home](#)

Special Olympics COVID-19 Resources

- [SOWA COVID-19 Updates](#)
- [Getting Ready for your COVID-19 Health Care Visit](#)
- [Self-Care Tips for Families](#)
- [Special Olympics Coronavirus e-learning course](#)
- [Handwashing](#)
- [High Risk Population](#) (Special Olympics Washington)
- [COVID-19 Symptoms](#) (Special Olympics Washington)
- [A Caregiver's Guide to Good Oral Health for Special Olympics Athletes](#)

General COVID-19 Resources

- [Coronavirus in Plain Language](#) (Green Mountain Self Advocates)
- [Face Masks and People with IDD](#) (The Arc of King County)
- [Groups at Higher Risk](#) (CDC)
- [People with Disabilities](#) (CDC)
- [Advocacy and Resources](#) (Disability Rights Washington)

Autism and COVID-19 Resources

- [Information and Resources for Families](#) (Autism Speaks)
- [COVID-19 Toolkit](#) (Autism Society)
- [COVID Resources for Families and Individuals](#) (National Autism Association)

Down syndrome and COVID-19 Resources

- [Q&A COVID-19 and Down Syndrome](#) (Global Down syndrome)
- [COVID Facts](#) (Down Syndrome Community of Puget Sound)

Cerebral Palsy and COVID-19 Resources

- [Cerebral Palsy and COVID-19](#) (Cerebral Palsy Guide)

Diabetes and COVID-19 Resources

- [How COVID-19 Impacts People with Diabetes](#) (American Diabetes Association)