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)