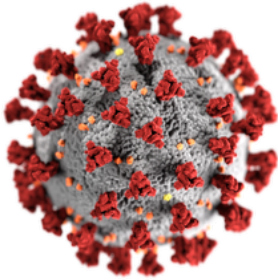




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Exercise & COVID-19 Risk



Staying physically active is **still highly recommended** and essential to our health even in a pandemic!

There are *levels* of risk and safety in the activities you pick & environments you do them in.

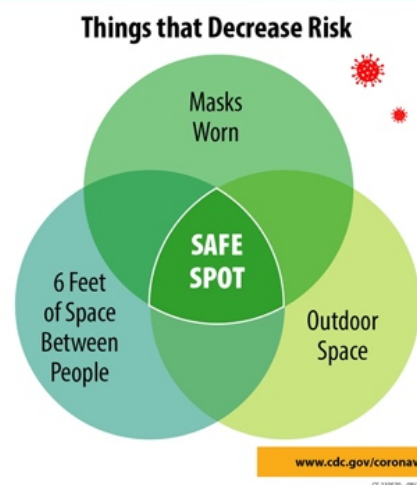
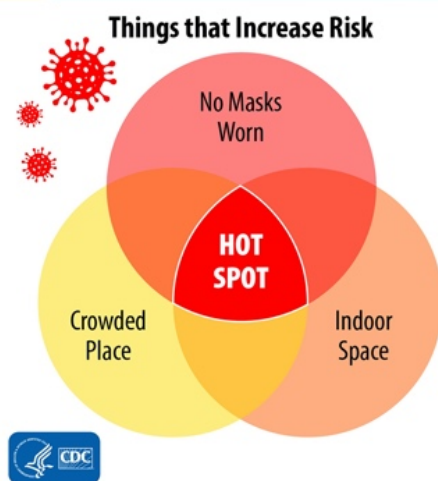
What we know about COVID-19 spread:

- Person-to-person contact through respiratory droplets from coughing, sneezing, or talking
- Droplets can land on the mouth, nose or hand of others
- Occurs even if someone is not showing symptoms (asymptomatic)

The **Center for Disease Control (CDC)** recommends mask-wearing in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

The **World Health Organization (WHO)** recommends NOT exercising with masks due to growing evidence that moist masks might be less effective and can be excluded if social distancing and hand hygiene practices are observed.

Tips for Reducing Risk of Getting COVID-19





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In the USA, however, we must be aware of the higher disease burden and take extra precautions. Follow the policies of your indoor gym or fitness center and be aware of “hot spots” of COVID-19 activity. Some general masked-exercise tips include:

- Avoid paper and cotton masks – go for synthetic fabric of two layers at the most
- Neck gaiters/buffs have good airflow but at a trade-off of less droplet control
- Carry an extra mask & change it out carefully if exercising for more than 30 minutes
- If you are feeling sick, do not go out to run; Exercise at home so you don’t expose others.

Q: *Is it safe to run outside?*

A: Yes, but run alone (or with someone from your household)

Stay away from crowded areas - Time your runs for when you know trails aren’t as crowded.

Q: *Should I avoid touching traffic buttons?*

A: No, but use glove, sleeve, or elbow and avoid touching your face.

Q: *Is COVID-19 transmitted through sweat?*

A: No, not to our knowledge – but if you are close enough to swap sweat you are swapping respirations!

Q: *Can COVID-19 be spread through spit?*

A: Yes, so be cautious with where you spit or blow a snot-rocket!



Q: *Are you contagious if you are asymptomatic?*

A: Possibly, so use precautions!

Q: *How long can COVID-19 live on clothing?*

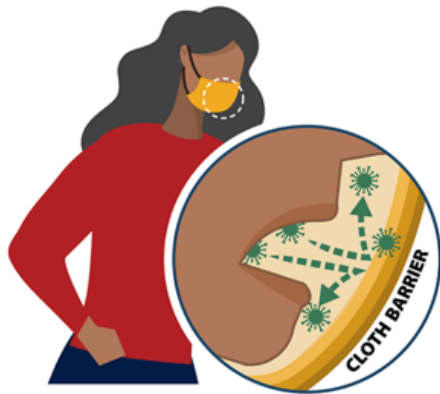
A: Hours to days!



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Q: *Is wearing a mask really that helpful?*



A: Most masks do not 100% block many of the germs that can infect us (hence N-95 masks block roughly 95% of the germs from being spread through it). COVID-19 is a virus, and like many viruses, it is most easily spread through touching objects someone else has already touched. The mask helps break the habit of touching your mouth and/or nose, then touching a surface, then repeating this process. So also continue to routinely wash your hands as this is where most diseases spread, through touching of contaminated things.

Practicalities of wearing a face mask during exercise

DURING EXERCISE



TAKE NOTE

do not exercise with febrile illness

AFTER EXERCISE

Effective Hand Hygiene

when you
return home
after exercise



Remove the Mask Correctly

after exercise by
untying it from
behind. Avoid
touching the
front area of the
mask, particu-
larly the inner
layer



Wash Your Mask/Buf Regulaly

preferably iron
it dry and do
not re-use
masks designed
for single use



Content credits: CDC, WHO, Christa Janse van Rensburg & Jessica Hamuy Blanco

Document created by Emily Tutt OMSIV; August 2020