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## **Keep training – unless you are sick**

Exercise is part of maintaining a healthy immune system and decreasing stress levels - especially amid the current coronavirus (COVID-19) pandemic. Running outdoors can be a great way to avoid crowds. The coronavirus is spread from close person-to-person contact (within 6 feet) by respiratory droplets produced when an infected person sneezes or coughs. This is an important concept to understand when it comes to staying safe while exercising indoors or outdoors. Here are some ways to stay safe and healthy while minimizing disruption of your exercise routine.

### **General Recommendations**

#### **Wash your hands**

- Wash your hands with soap and water for at least 20 seconds - especially after you have been in a public place, or after blowing your nose, coughing or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose or mouth with unwashed hands. Use a towel or cloth to wipe off your head and face.

#### **Cover coughs and sneezes**

- Cover your mouth and nose with a tissue or use the inside of your elbow.
- Immediately wash your hands.

#### **Stay at home if you are sick**

- Stay at home and call your doctor if you are having any symptoms such as fever, cough or shortness of breath.

### **Running Recommendations**

#### **Scheduled races/Group runs**

- It is safe to run outside, but anytime people come together there is increased risk of disease spread.
- If you are training in small groups, spread out, avoid any unnecessary hand touching, and avoid high-touch areas like traffic buttons.
- Be mindful of interactions with others; avoid spitting and “snot rockets” as these contain respiratory secretions that can transmit diseases.

#### **Quarantined runners**

- Running can benefit the immune system, but avoid long/intense runs or extreme exercise as this can be counterproductive to your immune system.
  - If you are sick, do not exercise and contact your primary care provider. Infection will not “sweat out of your system” when you exercise.
  - If you are quarantined, you can use an at-home treadmill or use the time to cross train with body-weight exercises focusing on core/hip strength.
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