

# Medical Advice for Triathletes around Management of Coronavirus

- Please follow the latest NHS advice re: Covid 19 and social distancing/self-isolation. <https://www.nhs.uk/conditions/coronavirus-covid-19/>
- Athletes should be following social distancing advice and **NOT** arranging to meet with friends for running or cycling.
- Strict hand hygiene throughout, particularly when going to the supermarket or whilst at work.
- Stay hydrated and well fuelled.
- If you are currently using asthma inhalers then make sure you are taking them as prescribed, particularly the preventer inhalers (for example Symbicort, Seretide or Qvar).
- If you have symptoms of Coronavirus, try and avoid anti inflammatory medicines; take paracetamol for a fever or muscle aches.

## Signs and symptoms of coronavirus

Temperature of more than 37.8  
New persistent dry cough  
Headache  
Muscle and joint pain  
Extreme fatigue

Advice correct as of 27/3/2020

If you develop symptoms of coronavirus there are specific guidelines on safely returning to exercise

If you have symptoms then it is important that you rest completely for 14 days from the onset of symptoms

But if your symptoms last for longer than a week, then you need a clear 7 days of being symptom free before return to training

For example:  
Symptoms for 5 days – return to training after 14 days  
Symptoms for 10 days- return to training after 17 days

This is very important as some patients have had heart muscle inflammation due to the virus, which presents after initial symptoms have settled and then led to a rapid deterioration and becoming very unwell.



