Medical Advice for Triathletes around Management of Coronavirus

- 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

**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.

Advice correct as of 27/3/2020