

# RETURNING TO SPORT POST COVID

Returning to sport and activity *after* COVID-19 is **good** for your physical and mental health and should be encouraged.



## OUT OF ISOLATION? - CHECK SYMPTOMS BELOW

### ABOVE THE NECK OK TO PLAY

MILD HEADACHE  
**RUNNY NOSE**

ARE NOT TAKING ANY MEDICATIONS  
EG. PARACETAMOL



### BELOW THE NECK DO NOT PLAY

COUGH

EXCESSIVE FATIGUE

DIZZINESS

SHORTNESS OF BREATH

FEVER

**CHEST PAIN**

NOT RESPONDING NORMALLY TO EXERCISE AND/OR EXPERIENCING BELOW THE NECK SYMPTOMS



**G.P. OR SPORTS DOCTOR**



**MUST GET THROUGH FULL TRAINING FEELING WELL BEFORE RETURNING TO GAME/COMPETITION**

