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## SHOULD I STILL EXERCISE & USE THE GYM DURING THE CORONAVIRUS OUTBREAK?

In light of the novel coronavirus outbreak, "one of the ways to effectively fight the virus is to be healthy," Dr. Whyte said. "Being active is one way to do that, along with healthy eating. **In fact, exercise may actually boost your immune system.**

## CAN YOU TRANSMIT CORONAVIRUS THROUGH SWEAT?

There is no evidence that COVID-19 is transmitted through sweat. "It is a respiratory virus, so the lung is where the virus attacks," Dr Whyte explained. "Sweat doesn't contain respiratory droplets, so there's no current beliefs that sweat is a source of the virus."

Here at the Swim & Sports Academy, we recommend the following actions when using the gym or attending classes to help keep our community safe:

- For coronavirus prevention as well as for general hygiene, you should wipe mats with sanitising spray or wipes before and after use.
- Wipe down gym equipment with sanitiser before and after use.
- You are welcome to bring in your own pre-santised mat & towel to classes
- Take a shower after working out at the gym.
- Avoid people who are sneezing or coughing.
- Wash your hands often and for at least 20 seconds.

