

## RUNNING DURING COVID-19

Spring is here. The warmer weather and longer hours of daylight typically bring more people outside, but with the outbreak of the global coronavirus pandemic, the government and health organizations are encouraging everyone to stay home and practice social distancing. What does that mean for running, working out, and staying active?

### 1. Is it safe to run outside?

- Yes, but please ensure:
  - You are not running with people you have not been quarantined with
  - You are running in less crowded areas - be creative with your running routes!
  - You are timing your run during low human traffic times on your route
  - You do not exercise outside if you are feeling off or slightly ill
  - You are washing and disinfecting your running items and clothing regularly
  - You are avoiding the use of public water fountains, and restrooms and touching crosswalk buttons, public door handles, park benches, etc. directly with your hand.
  - You are making sure you wash your hands when you return from your run.



### 2. Should I be afraid of getting sick if I run in cold weather?

- No; there is no data that you will get sick from really any respiratory pathogen when running in cold weather

### 3. Is exercise good for my immune system?

- Yes; various studies have demonstrated that exercise of all types enhances immunity along with proper diet, adequate sleep etc.

### 4. Should I wear a facemask while exercising outside?

- New CDC guidelines recommend we wear facemasks to cut down on the transmission of COVID-19.
  - If you are running on a route where you will be keeping your distance from others more than 6 feet, it is not as necessary.
  - If you are running a route where human contact is likely and you will be in distances within 6 feet, wearing a facemask is a good idea.
  - Dampened facemasks from spit or mucus are less effective.
  - Consider moisture wicking face covers.
- Running a route where no human contact exists is superior to running a route where human contact is likely! *Avoiding others is the best choice.*
- *Wearing a facemask is no substitution for handwashing, social distancing, and remaining home when sick.*

### 5. Should I avoid running in groups?

- Yes, running in groups with people allows for the possibility of the virus to spread.



**6. Should I avoid touching traffic buttons?**

- Do not avoid touching traffic buttons if that means you cannot cross a street safely
  - If possible, avoid routes with such buttons
  - If necessary, either use a glove, elbow or your hand and do not touch your face after

**7. Should I still attend my 5k I have planned in a few weeks?**

- No, avoid any gathering with people.

**8. How dangerous is spitting and sneezing?**

- Spitting and sneezing expels fluids and mucus from the mouth and lungs are both able to contain COVID-19 if you are infected.
- Because of this, it is best to avoid spitting while running outside, and to cover your mouth and nose with your elbow if you sneeze.

**9. How long can COVID-19 live on clothing?**

- Experts don't yet know the risk of transmitting the virus from surfaces like clothing
- The World Health Organization reports that coronaviruses can remain on surfaces for a few hours up to several days
- To disinfect clothing, wash it in hot water.