



IF YOU HAVE HAD COVID-19 (CORONAVIRUS) IT IS IMPORTANT TO KNOW:

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- **Coronavirus may cause heart muscle inflammation called myocarditis.**
 - **Vigorous exercise with myocarditis can increase risk for heart rhythm problems. We are advising those who have tested positive or been otherwise diagnosed with COVID-19 to avoid high-intensity exercise for a minimum of six weeks, potentially longer, and should be determined in consultation with your physician or healthcare professional.**
 - **Once viral symptoms resolve, it is important to slowly increase the intensity of your exercise being aware of any heart symptoms.**
 - **We recommend that before resuming strenuous activity, those recovering from COVID-19 should be cleared by their physician or other health care professional before re-starting high-intensity exercise.**

If you have heart symptoms such as chest pain, shortness of breath, abnormal heart beats, near passing out or passing out, please seek medical help.

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