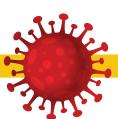
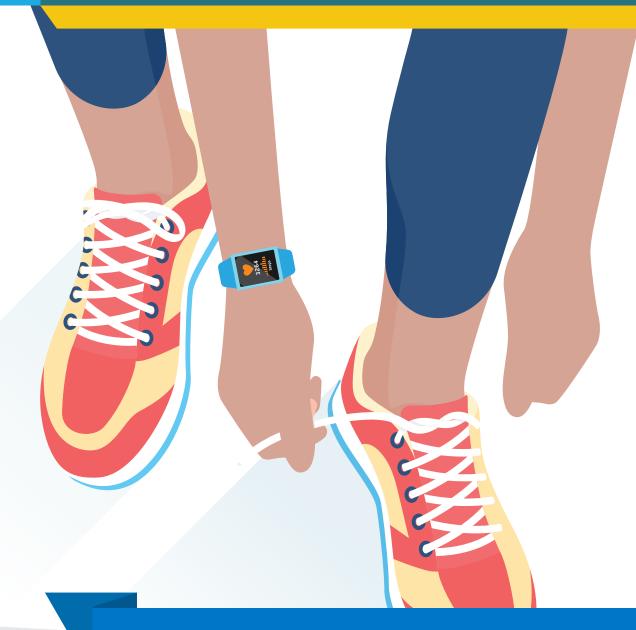
# Playing it safe after COVID







# How athletes and exercise enthusiasts can get back in the game

Intense exercise can place added strain on the heart. Also, COVID-19 can affect the heart and lungs. So after you've had COVID, be sure to:

- **Ease back into activity all athletes should be fully** recovered from COVID before returning to exercise or sports
- **Report any symptoms**
- If you have heart or lung symptoms, get heart testing before exercising or playing sports

## **WATCH FOR HEART SYMPTOMS**

### These include:



**Difficulty** breathing



**Chest pain** 



Lightheadedness or dizziness



**Palpitations or** feeling your heart racing



Heart rate that stays high after activity



Rarely, myocarditis (inflammation of the heart muscle) can occur after COVID-19.

# **INITIAL HEART TESTS**



**Electrocardiogram (ECG)**To assess the heart's electrical activity



**Echocardiogram**To see how the heart is functioning



Cardiac troponin
Blood test to look for heart muscle injury

If any of these tests suggest a heart issue, an MRI of the heart and other tests may be added.

## WHEN TO RETURN TO ACTIVITY

### After you've had COVID:

With no symptoms:

With symptoms:

With myocarditis:



Always check in with your health care team and share concerns you may have.





Visit CardioSmart.org/COVID19 to learn more.



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