

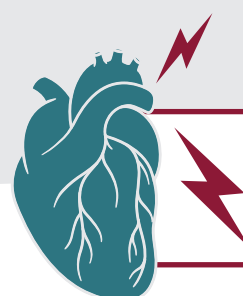
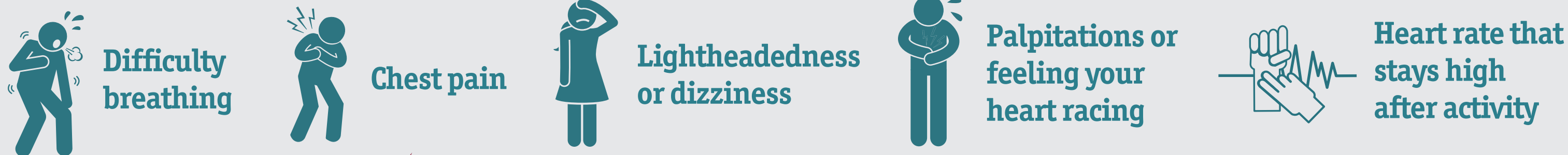
How athletes and exercise enthusiasts can get back in the game

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:



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

INITIAL HEART TESTS



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](https://www.cardiosmart.org/COVID19) to learn more.

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