



# Heading to the gym?

Exercising is important for physical and mental health, especially now, but gyms can pose an increased risk for exposure to COVID-19.

Follow the CDC's before, during, and after tips to stay safe!



## BEFORE:

- Do not go if you are symptomatic, have been a close contact or have tested positive
- Use online reservation and check-in systems when available
- Go to off-campus gyms during off-peak times
- Look for locations with proper ventilation (HEPA filters), well-spaced workout machines and mask rules for employees and attendees
- Bring sanitizing wipes



## DURING:



- Limit high-intensity indoor workouts (use outdoor space if possible)
- Maintain social distancing of at least 6 feet
- Wear a face covering
- Avoid touching your face
- Disinfect surfaces before and after use
- Skip the locker room—arrive in your workout gear and shower at home



## AFTER:

- Use hand sanitizer with at least 60% alcohol before and after using equipment, and as you are leaving the gym
- Wash your hands with soap and water for at least 20 seconds when you get home



Visit the [CDC website](https://www.cdc.gov) or scan QR code to learn more.

