Healthy habits while exercising

Do not enter public facilities when feeling ill. Continue to practice social distancing while exercising.

Always remember

- Avoid high-fives, hugging, kissing or shaking hands.
  o Waves and nods are a good alternative.

- Avoid touching your eyes, nose and mouth.
  o If you have to touch your face, follow proper hand-washing procedures.

- Consider modifying your workouts to include social distancing.
  o Such as workouts that don’t require a spotter and individual exercises. Always maintain at least 6 feet (2 meters) distance.

- Cover any coughs and sneezes.
  o Cover your mouth and nose with a tissue or your elbow when you cough or sneeze. Immediately throw away used tissues in the trash and wash your hands.

- Isolate yourself if you are feeling ill.
  o If you are not feeling well, seek medical attention and stay home while you recover. Do not go to school, work or the gym if you are feeling ill.

- Practice good hygiene habits.
  o Wash your hands with soap and water for at least 20 seconds before and after entering gym areas.

- Wipe down each piece of equipment.
  o Use the provided disinfectant before and after each use of any equipment or surfaces.

Stay informed with these resources:
- ASU Coronavirus webpage.
- Centers for Disease Control and Prevention.
- Maricopa County Coronavirus Disease (COVID-19).
- World Health Organization.