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.**
  - Waves and nods are a good alternative.

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

- **Consider modifying your workouts to include social distancing.**
  - 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.**
  - 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.**
  - 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.**
  - Wash your hands with soap and water for at least 20 seconds before and after entering gym areas.

- **Wipe down each piece of equipment.**
  - 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](#).