

# COVID-19

# EVIDENCE FOR ATHLETES



Is the virus flying in the air; is it possible to inhale it and get ill?

1.

COVID-19 spreads from person to person just like colds and flu.



ASPETAR



سبیتار



**What does the virus look like and how does it transmit?**

**2.**

Coronavirus is too small to see with the naked eye. It spreads through tiny droplets that form when you cough, sneeze and exhale.





**What are the symptoms of COVID-19?**

**3.**

COVID-19 symptoms are fever, tiredness and a dry cough.





**Why have doctors, scientists and researchers around the world not developed the treatment yet; is it like a cancer?**

**4.**

COVID-19 is not like cancer. Like the common cold, it is a disease (infection) caused by a virus. Because it is a new virus, there is no vaccine or treatment yet.





**How do I protect myself in addition to washing my hands?**

**5.**

You can protect yourself from COVID-19 by handwashing, physical distancing, and practicing sneeze and cough hygiene.





**Is it true I might carry the virus and the symptoms will not appear until after 2 weeks? Why is that?**

**6.**

**The virus takes time to make you sick, you might have COVID-19 without experiencing symptoms**

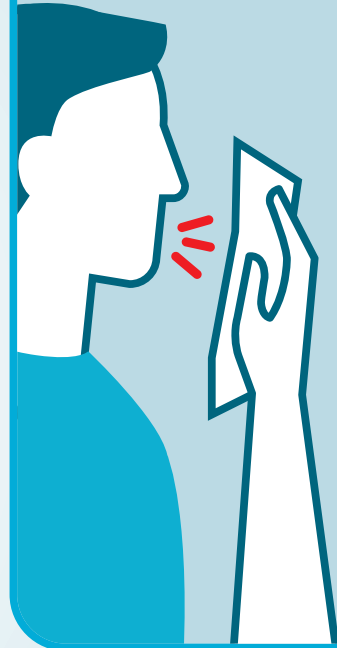




**How can I protect others if I don't have symptoms?**

**7.**

You can protect others from COVID-19 by handwashing, physical distancing, and practicing sneeze and cough hygiene.





**What should I do if I think I have the virus?**

**8.**

If you experience the symptoms of COVID-19, fever ( $>37.8^{\circ}\text{C}$ ), dry cough and difficulty breathing, call 16000 in Qatar.







**When should I seek medical care?**

**9.**

If you have a fever, cough and difficulty breathing seek medical care immediately.

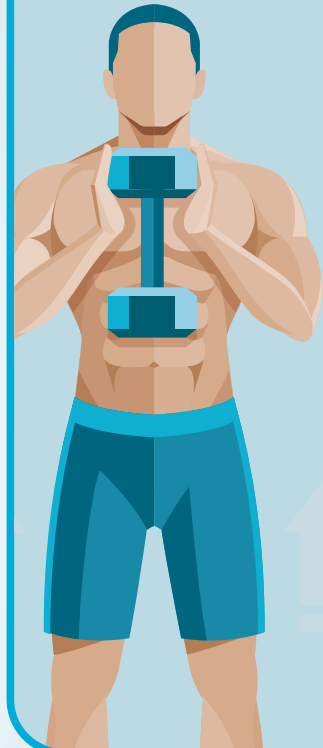




**Should I train as normal?**

**10.**

**Do not train in a gym or in groups; train outside and alone or at home instead.**





**Can I boost my immune system?**

**11.**

You can protect your immunity by keeping a healthy lifestyle. Healthy eating, exercising and getting enough sleep are all part of a healthy lifestyle.





**Should I change my nutrition or take supplements?**

**12.**

Eating specific foods or taking supplements will not protect you against COVID-19.





**Should I wear a mask and gloves to protect me and others from the COVID-19?**

**13.**

In Qatar you must wear a mask when you leave your house. When you or people close to you have symptoms of COVID-19 (fever, tiredness or a dry cough) you must also wear a mask at home. Wearing gloves is not recommended.





**What is the difference  
between a coronavirus  
vaccine and a treatment?**

**14.**

**We can prevent diseases  
with vaccines; we can cure  
or manage diseases with  
treatments.**





**Can you get COVID-19 twice?**

**15.**

We do not know if a person can get COVID-19 twice.





**Does COVID-19 affect pregnant women?**

**16.**

We do not know yet how COVID-19 affects pregnant women. Pregnant women should follow the same advice as the general population.





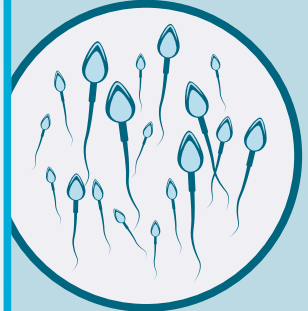


**Can COVID-19 lead to male infertility?**

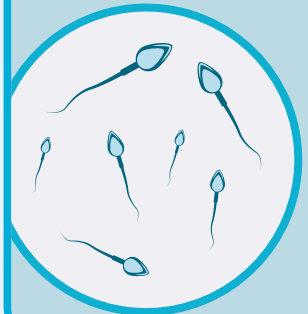
**17.**

**COVID-19 might cause male infertility.**

NORMAL



LOW COUNT





**What do I do if I had contact with a person who tested positive for COVID-19?**

**18.**

If you had close contact with a person who tested positive for COVID-19 during their infectious period, you should home-quarantine, otherwise you do not need to home-quarantine.

Close contact is:

- Living in the same household
- Spending more than 2 hours in the same room
- Sitting within 2 rows on a flight, bus or train for more than 2 hours
- Being face-to-face (less than 2 metres apart) for more than 15 minutes





**When I train outside during COVID-19 measures, how far should I be from other athletes/people?**

**19.**

When you are walking, running or cycling immediately behind someone else, keep a distance of 4-5 metres when walking, 10 metres when running and 20 metres when cycling fast or going fast in your wheelchair. If possible, avoid exercising directly in front or behind someone else.





Why do I have to stay at home during the COVID-19 pandemic?

20.

We need to stay home to slow down the spread of COVID-19 to allow hospitals to treat everybody that needs treatment.





**When do the COVID-19 measures end and what will happen after that?**

**21.**

We do not know when the COVID-19 measures will end. Measures are different for each country (and each sport) and partly depend on the number of people getting sick. Measures will most likely be reduced step-by-step, when the time is right.

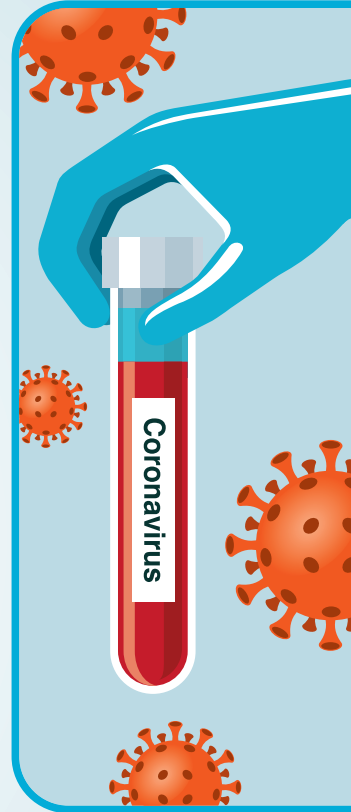




**What is the treatment for COVID-19?**

**22.**

There is currently no cure for COVID-19, but there are treatments to help manage the symptoms.





**How long is someone with COVID-19 infectious?**

**23.**

Someone with COVID-19 is most infectious while they are experiencing symptoms. We do not know the exact infectious period.





**How much time will I need to get back to normal training and participate in tournaments after the COVID-19 restrictions?**

**24.**

Your ability to return to normal training and competition depends on your type of sport and the level and type of activity you have been able to maintain while you could not train normally. If you were not infected with COVID-19, there are no specific restrictions. It is important to discuss and work with your coach and support teams.







**Are athletes able to return to optimum sport performance after recovery from COVID-19?**

**25.**

If you become mildly ill with COVID-19, you should be able to return to optimum sport performance. If you become more severely ill, you might not be able to return to optimum sport performance.

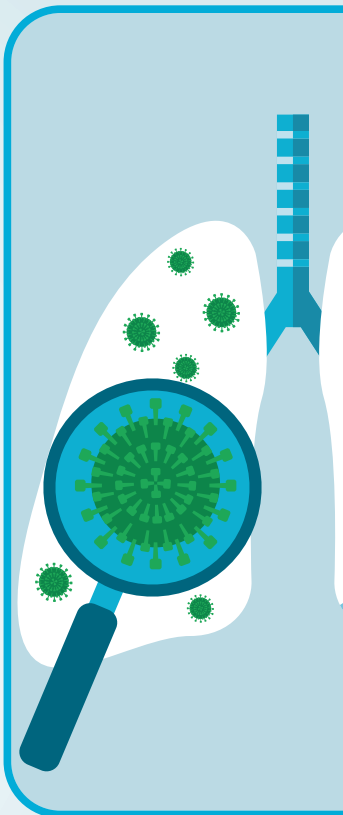




Will my lungs be damaged if I had COVID-19?

26.

If you become mildly ill, probably not. But if you become severely ill you might suffer long-term lung damage.

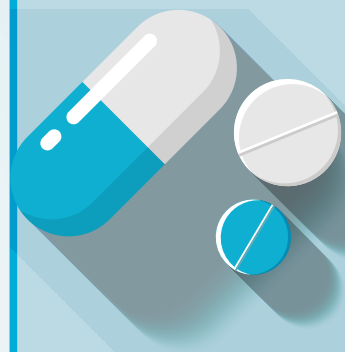




**Can I take ibuprofen when I might have COVID-19?**

**27.**

If you can use paracetamol (acetaminophen) instead, it is better not to take ibuprofen when you think you might have COVID-19.





**How do I know if my headache is a symptom of COVID-19?**

**28.**

It is not possible to be certain that a headache is due to COVID-19 or not. There are many causes of headache so it is best to seek medical advice.

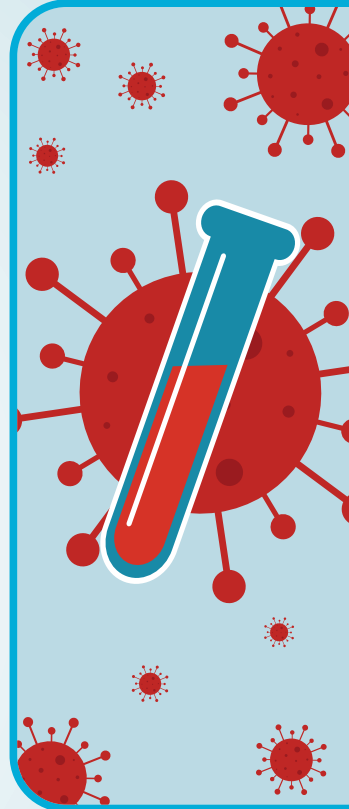




**Can we use blood from people that recovered from COVID-19 as a medicine?**

**29.**

Using blood from people that have recovered from COVID-19 as a treatment is being researched but we do not know yet if it works.

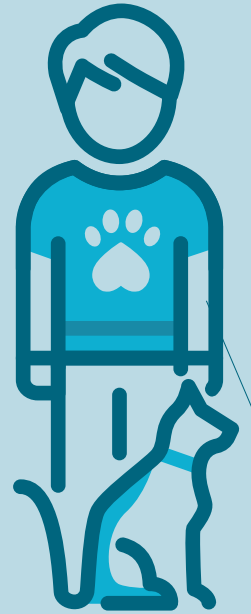




**Can my cat give me  
COVID-19?**

**30.**

No, there is no evidence  
that COVID-19 can be  
transmitted from cats to  
people.

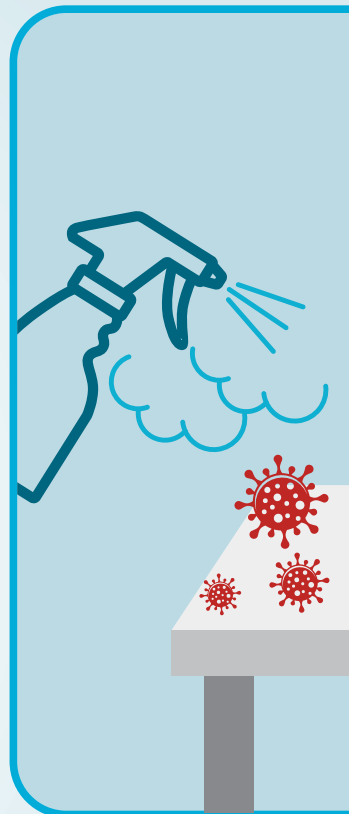




**How long does the coronavirus that causes COVID-19 survive on surfaces?**

**31.**

The coronavirus causing COVID-19 survives longer on certain surfaces. We recommend that you disinfect surfaces regularly but at least once a day.





**When will it be safe for me to have the surgery that has been postponed due to the COVID-19 pandemic?**

**32.**

Elective surgery will normally resume when it is safe to do so; this depends on the local circumstances, hospital policy and government regulations, and will take other factors into account such as a sustained decrease of COVID cases to reduce infection risk. .







**Do paralympic athletes have a higher risk of contracting COVID-19?**

**33.**

**There is no evidence that paralympic athletes have a higher risk of contracting COVID-19.**





Can you get COVID-19 by swimming in the pool?

34.

There is no evidence that coronavirus can be spread through the water in pools.

