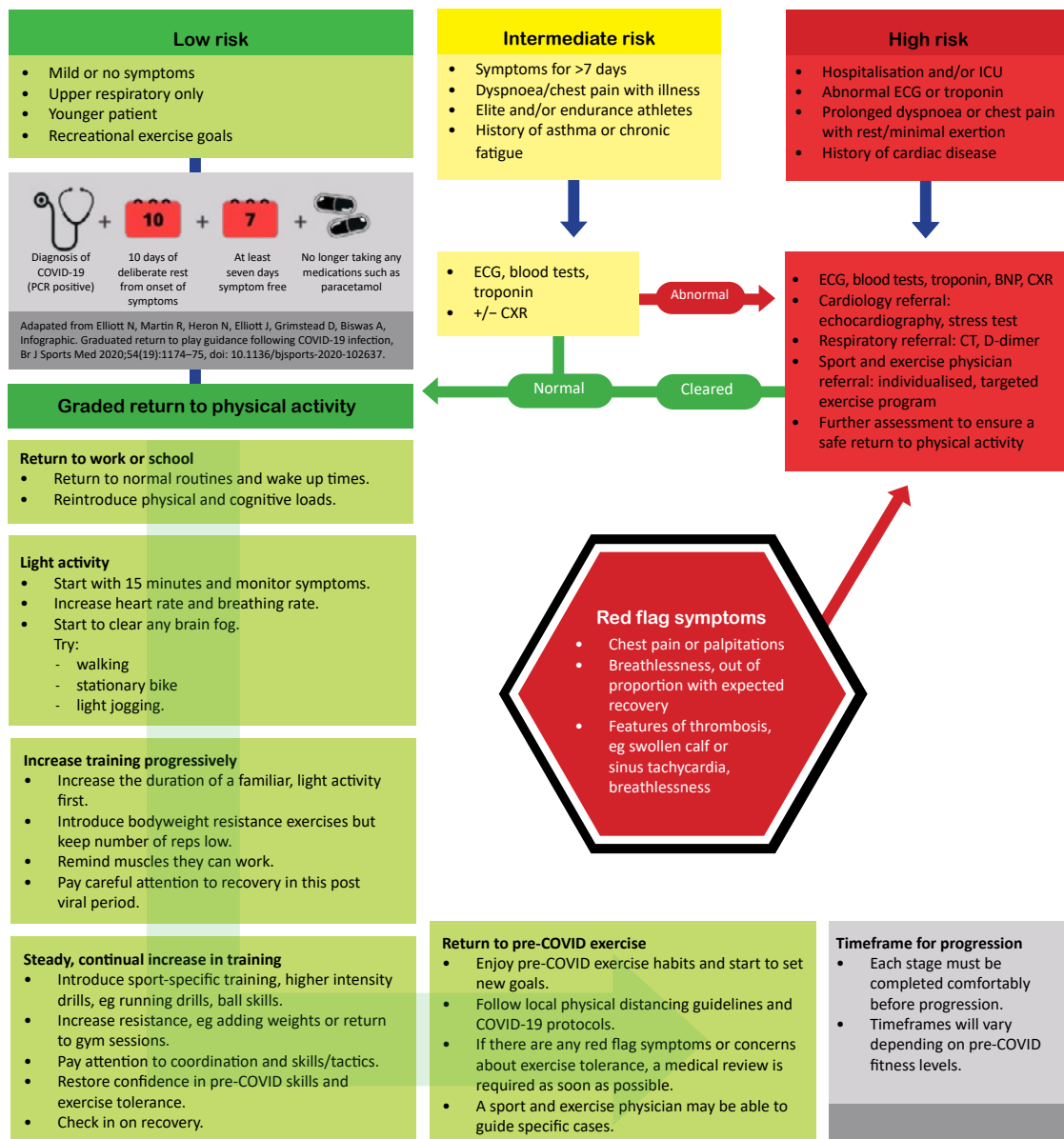


## Returning to physical activity post-SARS-CoV-2 infection

### Background

- COVID-19 is usually a mild respiratory disease but can cause severe illness
- It is a multisystem disease where cardiovascular, immunological, renal, haematological and neurological systems are often affected
- Possible chronic complications include ongoing fatigue, myocarditis and airway hypersensitivity
- Exercise is important for recovery for patients with COVID-19 but must be done gradually and safely

### Assessing for return to physical activity



**Figure 1.** Return to physical activity flowchart

BNP, B-type natriuretic peptide; CT, computed tomography; CXR, chest X-ray; ECG, electrocardiography; ICU, intensive care unit; PCR, polymerase chain reaction