



### **Advice about Fever and sports May 2023**

*This advice has been written by the medical committee of the International Korfball Federation based on documents available in the literature and from other sport associations as a advice towards players, staff, referees, volunteers and IKF employees.*

There are two golden rules that the athlete should pay attention to when exercising with the flu.

- Rule 1: In the case of fever, muscle pain and an increased resting heart rate, exercising is not recommended.  
Tip: if you feel sick or flu, it is therefore wise to measure the temperature.
- Rule 2: Also adjust your training if you feel less well than expected or desired. In principle, it is allowed to continue training without an increase in temperature. However, it may be wise to train a little more slowly and not too intensively.

#### **With a fever, the temperature of the body is 38 degrees or higher.**

Training with flu/fever among the members is dangerous. Your immune system is weakened, and your body needs all the energy to get better. You also run the risk that the virus infection can also end up in the heart muscle, resulting in myocarditis. So, take a rest and don't train!

Even after you feel better, your body needs a few days of rest to recover. The basic rule that you can best apply is that you should rest after a fever for at least the number of days that you had a fever (so 7 days of fever is also 7 days of no effort after that). After that you can perform a quiet training again before you start training more intensively. This is to give the recovery process sufficient time and not disrupt it by too heavy training in such a way that illness can come back.

#### **Risks of rapid sports resumption**

Resuming training too soon is unwise for several reasons. First, the effect of a training is negligible if you are still ill. There is even an increased chance of becoming overtrained because your sick body is not yet able to handle the training work.

It also undermines your immune system with the result that you are more susceptible to a (other) disease. Exercising with a fever or with complaints of the lower respiratory tract (coughing, wheezing, shortness of breath) can lead to (long-lasting) inflammation of the respiratory tract, such as pneumonia or chronic bronchitis.

Although (fortunately) not common, exercising with a fever can cause an infection of the heart muscle (myocarditis). That previously healthy athlete is from that moment on a heart patient. A very serious complication of a simple flu! So be careful.