



MPX (Monkeypox) & The Gym

How can MPX spread in the gym?

In the gym, MPX is most likely to spread through shared towels and unclean equipment used by someone who has the MPX virus. Physical activity is one of the best ways people can manage their overall health, improving immune response, sleep, mental and cognitive function, and reducing the risk of chronic conditions.

HELPFUL TIPS



Wipe down equipment, such as weight machines, dumbbells and barbells and yoga mats, before and after use, and do not share gym towels.



Wash your clothes, towels and hands after your workout and avoid touching your face.



If you lay a gym towel on the equipment, keep the same side touching the equipment on all machines you use and minimize touching that side of the towel.



Masking during activities, such as group fitness classes, may decrease your chances of getting the virus. Masking also protects against transmission of COVID-19 and the cold and flu viruses.



Consider wearing long clothes to cover exposed skin that might come into contact with equipment.



If possible, exercise outdoors as it's more likely that any potential virus in the air will disperse.

For additional information:

