



The Sport, Exercise Medicine & Lifestyle Institute (SEMLI) at the University of Pretoria is conducting research to answer questions surrounding exercising when you have an acute respiratory infection. This includes colds, sinusitis, throat infections, flu, bronchitis, pneumonia, or any other illnesses causing similar symptoms.

The project aims to answer important questions such as:

“Can an athlete exercise if they’ve got a cold or flu?”
“When can an athlete exercise again after a cold or flu?”
“Does a cold or flu affect sports performance?”

WHO CAN JOIN THE STUDY ?

- Between 16 and 60 years old
- Participating in regular physical activity / any sport (competitive or recreational)
- Symptoms of cold or flu (including throat infections & sinusitis) within the past 4 days

As soon as you develop any of these symptoms, please contact us ASAP for further information or come see us at SEMLI to be a part of the study.

Should you fulfil the inclusion criteria and consent to participate in the study, all appointments and tests will be free of charge.

WHAT CAN YOU EXPECT WHEN YOU SIGN UP ?

1. Medical assessment by our Sport & Exercise Medicine Doctor
2. Nasopharyngeal swab to identify the virus / bacteria
3. Blood tests
4. Other special tests (including an ECG, lung function and muscle strength tests)
5. Daily completion of symptom and training monitoring for 14 days
6. You will be asked to return for follow-up appointments 2 times for re-assessment to track your progress

For more information contact:



SEMLI Reception:
+27 12 484 1749
+27 12 420 6133



aware@semli.co.za



SEMLI Building
(at the HPC)
University of Pretoria,
Hillcrest Campus,
Burnett Street,
Hatfield

DATA COLLECTION FOR THIS RESEARCH WILL BE CARRIED OUT FROM March 2023

