



MIAA Athletic Health Services
2300 Hernando Road
Memphis, TN 38106
(901) 775-7470



Memphis City Schools
2597 Avery Avenue
Memphis, TN 38112
(901) 325-5300

Athletic Health Services

When Not to Play

- **You have a fever.** Working out can cause your body temperature to rise even higher which could lead to heat stroke.
- **You have a persistent cough.** This could diminish your lung capacity and make breathing difficult and could indicate respiratory infection.
- **You experience nausea, vomiting or diarrhea.** These symptoms can result in dehydration. You should avoid exercise until you have completely rehydrated your body and symptoms disappear.
- **You have a chronic or serious illness.** Clearance by a physician is required before resumption of activity.