

# IADMS International Association for Dance Medicine & Science

Health for Dancers, Dance for Health

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# FACT OR FICTION?

Loud speaking and singing have the same effect as sneezing or coughing with regards to the spread of the coronavirus.

FACT

# FACT OR FICTION?

You should wear a mask in dance class until there is a vaccine.

DEPENDS

# FACT OR FICTION?

Dance practice is the only way to stay fit as you prepare to return to the studio or classroom.

FICTION

# FACT OR FICTION?

Dance teachers/administrators should set the boundaries for dancers in the studio.

FICTION

# FACT OR FICTION?

If you have COVID-like symptoms you should get tested, even if you are not referred to do so.

FACT

# IADMS RESOURCES

COVID-response resource page

[www.iadms.org/coronavirus](http://www.iadms.org/coronavirus)

*Helping Dancers Help Themselves* webinar series

[www.iadms.org/helpingdancers](http://www.iadms.org/helpingdancers)