

COVID-19 POSITIVE RETURN TO PLAY GUIDELINE

All children and adolescents who are COVID-19 positive, once asymptomatic, should seek clearance from their PCP prior to returning to athletic participation. This visit should occur after they are asymptomatic for a minimum of 24 hours off fever-reducing medicine, and have completed their 10-day quarantine period.

	ASYMPTOMATIC	MILD	MODERATE	SEVERE
Symptoms	None (no fever/ cough/ dyspnea/ diarrhea/ loss of taste)	Fever for <3 days, aches and pains, mild gastrointestinal illness	Fever > 100.4° F > 4 days, chills, cough, dyspnea, body aches, persistent chest pain, palpitations	Severe respiratory symptoms or MIS-C or heart failure/ myocarditis requiring inpatient management, +/- need or ventilator
Exercise (graded return)	10 days of no intense exercise since the positive test	10 days of no intense exercise since the positive test and a minimum of 24 hours of symptom-free period off fever-reducing medications	10 days - 4 weeks* of no intense exercise since the positive test and a minimum of 10 days of symptom-free period off fever-reducing medications	3-6 months of no intense exercise as per AHA myocarditis return to play guidelines
12 lead ECG		ECG**	ECG***	ECG****
Doctor visit prior to return to play for clearance	PCP	PCP	PCP/ pediatric cardiology	Pediatric cardiology consult
Referral to pediatric cardiology	If abnormal ECG or PPE or physical examination	If abnormal ECG or PPE or physical examination	If abnormal ECG or PPE or physical examination	Pediatric cardiology consult (inpatient and outpatient follow-up)

*Depending on symptoms and findings on additional testing

**Maybe indicated

***Likely indicated

****Definitely indicated

Source: <https://www.contemporarypediatrics.com/>