RETURN TO PLAY AFTER COVID-19 INFECTION IN PEDIATRIC PATIENTS AGED 12 AND OVER

(1/26/2021)

Asymptomatic (positive test with no symptoms)

Mild (<4 days of fever >100.4°F, short duration of myalgia, chills and lethargy)

Moderate (14 days of fever >100.4°F, myalgia, chills or lethargy or those who had a non-ICU hospital stay and no evidence of MIS-C)

Severe (ICU hospitalization or MIS-C diagnosis)

Athlete should be evaluated by their primary care physician prior to return to activities

Should complete a gradual return to play while observing for any concerning symptoms*

*Depending on the athlete and situation, it would be reasonable to follow the recent adult recommendations for return-to-play in this population. 13

Dean et al. Return to Play After Coronavirus Infection: Pediatric Cardiologists’ Perspective - American College of Cardiology July 14 2020

ECG Changes include: Diffuse ST elevation, ST depression, T wave inversion, pathologic Q waves and PR depression

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