RETURN TO PLAY AFTER COVID-19 INFECTION IN PEDIATRIC PATIENTS UNDER THE AGE OF 12

(1/26/2021)

- Asymptomatic (positive test with no symptoms)
  - Consider medical evaluation for any concerns (i.e. past medical history, family history of concerning symptoms) PRIOR to return to activity
  - Cardiac concerns (by history or physical exam)
  - No exercise for at least 10 days from positive test, then may begin light activity
  - Obtain ECG
  - Cleared by pediatric cardiologist
  - Should complete a gradual return to play while observing for any concerning symptoms

- Mild (4 days of fever >100.4°F, short duration of myalgia, chills and lethargy)
  - Athlete should be evaluated by their primary care physician prior to return to activities
  - Cardiac concerns (by history or physical exam)
  - No exercise for at least 10 days from positive test, then may begin light activity
  - Obtain ECG
  - Cleared by pediatric cardiologist
  - If no concerning symptoms, past medical or family history or physical exam findings may clear for gradual return to play

- 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)
  - Athlete should be evaluated by a pediatric cardiologist prior to return to activities
  - Cardiac concerns (by history or physical exam)
  - No exercise for at least 10 days from positive test, then may begin light activity
  - Obtain ECG
  - Cleared by pediatric cardiologist
  - Should complete a gradual return to play while observing for any concerning symptoms

- Severe (ICU hospitalization or MIS-C diagnosis)
  - No exercise until further evaluation by a pediatric cardiologist
  - Cleared by pediatric cardiologist

- Cardiac symptoms include: shortness of breath, shortness of breath with activity, chest pain, palpitations, fatigue, decreased exercise performance or tolerance

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

*Depending on the athlete and situation, it would be reasonable able to follow the recent adult recommendations for return-to-play in this population.†‡
‡Dean et al. Return to Play After Coronavirus Infection: Pediatric Cardiologists’ Perspective - American College of Cardiology July 14 2020