

RETURN TO PLAY PROTOCOL POST-COVID 19 EXPOSURE (7/30/2020)

Athlete has known exposure to a confirmed positive COVID-19 case.

Quarantine for 14 days from last known date of exposure.

No symptoms

Symptoms

- COVID-19 SYMPTOMS**
- Diarrhea, vomiting or nausea
 - Fever over 100.0
 - Headache
 - Muscle or body aches or fatigue
 - New loss of smell or taste
 - New or worsening cough
 - Runny nose or congestion
 - Shortness of breath or trouble breathing
 - Sore throat, different than your seasonal allergies

Consult with healthcare provider (MD/DO/PAC/ARNP) for further evaluation and medical clearance.

Begin gradual return to play. Monitor for chest pain/pressure, difficulty breathing, dizziness, decreased exercise tolerance and fainting. If athlete experiences these symptoms, consult with healthcare provider (MD/DO/PAC/ARNP) before returning to sports.

Athlete has symptoms consistent with COVID-19 but has not been tested.

Athlete was confirmed positive for COVID-19 infection with symptoms.

Not hospitalized

Hospitalized

Athlete has symptoms consistent with COVID-19; received a negative test result.

Consult with healthcare provider (MD/DO/PAC/ARNP) to determine if gradual return to play is recommended. If so, proceed with return to play protocol for COVID-19 positive patient.

Athlete may begin gradual return to play once medical clearance has been obtained and his or her symptoms have resolved for 14 days. Monitor for chest pain/pressure, difficulty breathing, dizziness, decreased exercise tolerance and fainting. Discontinue the return to play protocol and return your healthcare provider for further evaluation if the athlete experiences these symptoms with exercise.



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 • Dean PN, Jackson LB, Paridon SM. Returning to play after coronavirus infection: pediatric cardiologists' perspective. American College of Cardiology. <https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection>
 • Phelan D, Kim JH, Chung EH. A game plan for the resumption of sport and exercise after coronavirus disease 2019 (COVID-19) infection. JAMA Cardiology. <https://jamanetwork.com/journals/jamacardiology/fullarticle/2766124>