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

Quarantine for 14 days from last known date of exposure.

**Symptoms**

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

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

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

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.

**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

**CONSULTATION**

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

**Hospitalized**

Not hospitalized

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.

**NOTES**


**REFERENCES**