

# Return to Play After COVID-19 Infection in Patients 12+

Patient (12+ YO) with history of COVID-19 infection, returning to high intensity physical activity or sports

## No Symptoms or Mild Symptoms

3 or less days of symptoms

Does the patient have chest pain, shortness of breath, new palpitation, or syncope?

No

Yes

**Clear for participation with appropriate visit:**

**In-person visit:** If patient needs a specific sports form signed by a provider citing an exam date, they should schedule an appointment 10+ days after first symptom (or 10 days after positive test if asymptomatic).

**Virtual visit:** If patient needs standard Allegro letter to be cleared, they should schedule a virtual visit.

## Moderate Symptoms

4+ days of fever; 1+ week of muscle aches/fatigue; no hospitalization; no abnormal cardiac testing

Has the patient competed in a sports season since their COVID infection?

Yes

No

\*Evaluation by PCP

EKG prior to participation

Normal EKG

**Clear for participation**

Abnormal EKG

Evaluation by pediatric cardiologist and testing as recommended

Concern for myocarditis (inflammation of the heart)

## Severe Symptoms

Hospitalized, abnormal heart exam, MIS-C

Follow myocarditis return to play guidelines.

1. Detailed cardiac testing
2. Exercise restrictions depending on cardiology recommendations

\*An in-person appointment with your primary care provider (PCP) is required to clear you for intense physical activity. Please schedule this after your isolation period (10 days after positive test AND symptoms improving AND no fever for 24+ hours) is complete. Best timing for an EKG is 14+ days after symptoms resolve.