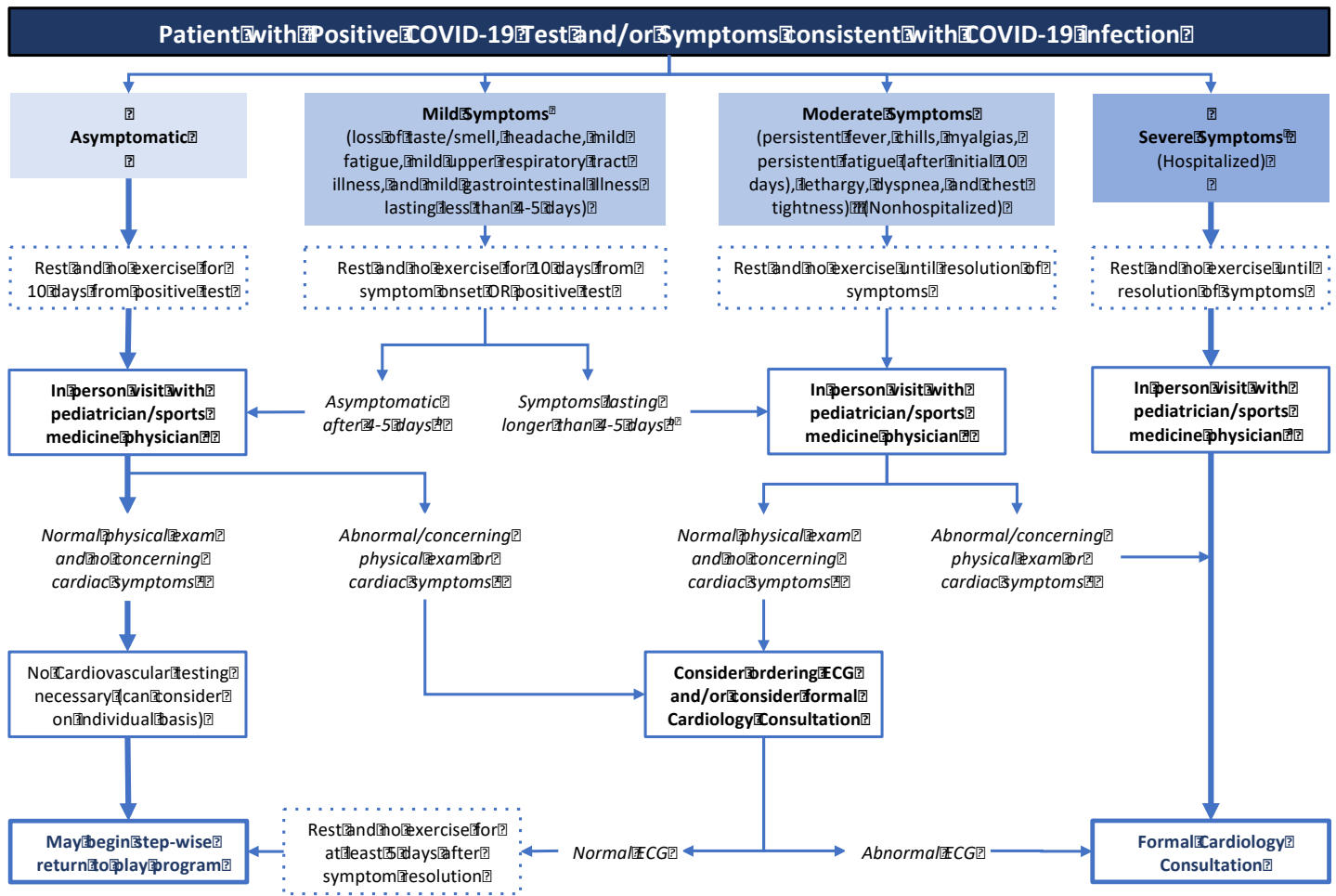


Clearing an Athlete after a COVID-19 Infection

Emerging evidence shows that people infected with COVID-19 are at increased risk for myocarditis. There is less data about pediatric patients in this regard, but it is important to appropriately evaluate patients before they are cleared to return to play. This decision tree is intended as an aid for triaging patients and for providing consistent patient care. It is applicable to athletes who are in middle school or high school (12 years old or older) or who compete in high exertion activities (adult-led, advanced level, participates in activity more hours per week than age in years, etc.), but it can be used for other patients on an individual basis. Each patient should be seen in the office for an in-person, formal evaluation and physical exam to determine clearance. **The California Interscholastic Federation recommends that if a patient's infection was over 3 months ago, they had an asymptomatic, mild, or moderate illness, and the patient has regained fitness/back to full activity without symptoms, then they can return to sports as long as they have an active/recent preparticipation physical exam.** This protocol is not a substitute for medical judgment. Please refer questions to CHOC Cardiology or Sports Medicine.



¹In-person visit should take place once a minimum 10-day quarantine/isolation is completed and symptoms are resolved (except persistent loss of taste/smell or mild fatigue consistent with deconditioning)
²Especially cough, fever, myalgias, and shortness of breath. Persistent loss of taste/smell or mild fatigue consistent with deconditioning is reasonable to continue
³E.g. chest pain/pressure, dizziness, difficulty breathing, fainting, or decreased ability to exercise

Developed by Dr. Matthew Kornswiet and Dr. Chris Koutures – Pediatric Sports Medicine, CHOC Children's Primary Care Network

References:

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- Dean PN, Jackson LB, Paridon SM. Returning To Play After Coronavirus Infection: Pediatric Cardiologists' Perspective. ACC, Published Online July 14, 2020
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