

RETURNING TO PLAY AFTER A COVID-19 INFECTION: GUIDANCE FOR FAMILIES



The American Academy of Pediatrics has put together guidelines for children to return to exercise (sports and physical education) after recovering from COVID-19. These guidelines currently apply to children in school (K-12) but not preschool. This guidance is intended to keep children as safe as possible.

Step 1

Make an appointment with your child's pediatrician or qualified healthcare provider. When? After they have finished their 10 days of isolation and have had at least 1 day free of fever without taking fever-reducing medication.



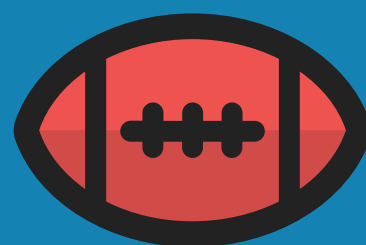
Step 2



The doctor will ask you about your child's symptoms while they were sick with COVID-19. You can help by keeping track of how long and how severe the following symptoms were for your child: fever, muscle pain, chills, and extreme tiredness.

- If they had **MILD** symptoms, they will be assessed by their health care provider. If this assessment is normal, then they can gradually return to play.

- If they had moderate symptoms or any concerning cardiac symptoms, they will be referred to a cardiology clinic for further evaluation.
- If their tests are normal, they will be cleared for gradual return to sports. If their tests are abnormal, they must wait until the tests normalize and they have at least 10 days without symptoms before returning to sports.



- If they had **SEVERE** symptoms, a pediatric cardiology team will perform the necessary tests and continue to follow up with you and your child.
- When these test results are back to normal, the child will be cleared for a gradual return to sports. In rare cases, this may not occur for 3 to 6 months after the infection.

Step 3

Once your child is cleared, they can slowly return to sports. This gradual return to sports will be over at least one week and will be guided by the child's health care provider, the school, and/or the pediatric cardiologist.

- If your child develops cardiac symptoms during this gradual return to sports, they should stop exercise and see their health care provider or cardiologist for further evaluation.

