Algorithm: Pediatric COVID-19 Return to Sports

1. Pediatric patient with history of COVID-19 infection and asymptomatic for > 10 days
2. Asymptomatic or mild symptoms (no fever, < 4 days of symptoms)
3. Moderate symptoms (fever >/= 4 days, prolonged bedrest, no abnormal cardiac testing)
4. Severe symptoms (abnormal cardiac testing, MIS-C, ICU stay)

Pre-participation screening evaluation and exam

Age < 12 years

Normal screen/exam
Abnormal screen/exam

Cleared for sports participation without further testing

Age ≥ 12 years, high intensity competitive sports or physical activity

EKG prior to participation

Normal EKG
Abnormal EKG

Refer to Cardiology for evaluation and testing

Follow myocarditis return to play guidelines
- Testing including EKG, echo, Holter, exercise stress test, +/- cMRI
- Exercise restrictions for 3-6 months

Concern for myocarditis

No evidence of myocarditis

Algorithm adapted by Dr. Matthew Studer, Dr. Josiah Penalver, Dr. Michael Portman and Dr. Jack Salerno – Seattle Children’s Hospital

1. CDC guidelines: COVID-19: Quarantine vs. Isolation (cdc.gov)
3. Bethesda 36 guidelines – see page 1342