Abnormal cardiac exam, cardiac symptoms, abnormal EKG or unable to obtain EKG:

- Mild symptoms = Fever higher than 100.4 F for less than 4 days, < 1 week myalgia, chills or lethargy
- Moderate symptoms = Fever higher than 100.4 F for greater than 4 days, ≥ 1 week myalgia, chills or lethargy

Recommend PCP phone or telemedicine visit (at minimum)
- Review isolation requirements
- Instruct no exercise during isolation
- Review symptoms and AHA 14 point screen (especially chest pain, shortness of breath out of proportion for URI, new-onset palpitations, or new syncope)

Recommend Complete Physical Exam with PCP and review of AHA 14 point screen, after symptom resolution and after completion of isolation

Recommend EKG at PCP office OR consider Cardiology Consultation
- Especially in the setting of chest pain/tightness, shortness of breath out of proportion for URI, new-onset palpitations, or new syncope

No concerns after phone/telemedicine visit:
Follow Return to Activity Protocol after completing isolation (**Counsel to contact office if any cardiac symptoms occur with any stage of return to activity)

Abnormal symptoms on phone/telemed visit:
In person visit with PCP and consider EKG

Abnormal cardiac exam:
EKG and consider referral to Cardiology

Negative exam, normal AHA 14 point screen and normal EKG with PCP OR after cleared by cardiology:
≥ 10 days after positive test and ≥ 10 days symptom free, may follow Return to Activity Protocol (**Counsel to contact office if any cardiac symptoms occur with any stage of return to activity)

Abnormal cardiac exam, cardiac symptoms, abnormal EKG or unable to obtain EKG:
Refer patient to Cardiology

Referral to Cardiology
NO exercise for at least 3-6 months

Asymptomatic or Mild Symptoms
- No exercise until completed isolation and cleared by provider

Moderate Symptoms
- No exercise until completed isolation, examined and cleared by provider

Severe Symptoms or MIS-C*
- No exercise until cleared by cardiology

ICU stay and/or intubation or MIS-C*

Children who have already returned to sport/activity?
- If no symptoms, no further workup
- Recommend parents contact PCP to document prior infection in medical record

**MIS-C: Multisystem Inflammatory Syndrome-Children
**Counsel if child develops new symptoms in the 4 weeks after COVID infection, they should contact their PCP

June 2021. Note: This algorithm was agreed upon by an interdisciplinary group of Maine physicians and will be updated as additional guidance and evidence emerges. It is meant as guidance and clinicians should continue to use their clinical judgment for patient clearance.