

# Pediatric Return to Activity After COVID Infection Shared Baseline for Primary Providers

**Asymptomatic or Mild Symptoms**

- No exercise until completed isolation and cleared by provider

Mild symptoms = Fever higher than 100.4 F for less 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)

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/teled visit:

In person visit with PCP and consider EKG

Abnormal cardiac exam:

EKG and consider referral to Cardiology

**Moderate Symptoms**

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

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

- 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

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

**Severe Symptoms or MIS-C\***

- No exercise until cleared by cardiology

ICU stay and/or intubation or MIS-C\*

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

*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