

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

Asymptomatic
or
Mild Symptoms

- No exercise until cleared by physician
- PCP reviews 14 point pre-participation screening evaluation with emphasis on cardiac symptoms

Recommend Complete Physical Exam

To be completed ≥ 10 days from positive test if asymptomatic OR 10 days after symptom onset and >24 hours symptom free without medications

Normal Exam:

Follow Return to Play Protocol (**Counsel about potential symptoms of MIS-C up to 3-4 weeks later)

Abnormal cardiac exam or ANY cardiac symptoms:

Refer patient to Cardiology

Mild symptoms = Fever higher than 100.4 F for less than 4 days, fatigue, loss of smell/taste, GI symptoms, cough, sore throat, headache, congestion, or < 1 week myalgias, chills or lethargy

Moderate Symptoms

- No exercise until examined + cleared by PCP
- PCP office visit with exam including review of 14 point pre-participation screening evaluation
- May consider cardiology consultation

To be completed ≥ 10 days from positive test and >24 hours symptom free without medications:

- **Recommend Complete Physical Exam**
- **EKG at PCP office OR consider Cardiology Consultation prior to Clearance**

Negative exam, normal 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 Play Protocol (**Counsel about potential symptoms of MIS-C up to 3-4 weeks later)

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

Refer patient to Cardiology

Moderate symptoms = Fever higher than 100.4 F for greater than 4 days, hypoxia, pneumonia, ANY cardiac symptoms (chest pain/tightness/pressure, dyspnea, dizziness, syncope or palpitations or exercise intolerance). Non-ICU hospital stay and no signs of MIS-C*, or ≥ 1 week myalgias, chills or lethargy

Severe Symptoms or MIS-C*

- No exercise until cleared by cardiology

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

***MIS-C: Multisystem Inflammatory Syndrome-Children**

**Counsel if child develops new symptoms in the 4 weeks after COVID infection, they should contact their PCP

ICU stay and/or intubation or MIS-C*

March 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.