Pediatric patient with h/o COVID-19 infection and asymptomatic for > 10 days

Asymptomatic or mild symptoms (no fever, < 4 days of symptoms, > 10 days from positive test and afebrile > 24 hours)
- Normal preparticipation screening evaluation and exam
  - YES: Cleared for sports participation without further testing
  - NO: EKG prior to participation
    - Normal EKG: REFER TO CARDIOLOGY Evaluation and testing as dictated by cardiologist
      - No evidence of myocarditis
      - Concern for myocarditis

Moderate symptoms (fever >/= 4 days, prolonged bedrest or non-ICU hospital stay and no abnormal cardiac testing)
- Age < 12 years
  - Age >/= 12 years, high intensity competitive sports or physical activity
    - EKG prior to participation
      - Normal EKG: REFER TO CARDIOLOGY Evaluation and testing as dictated by cardiologist
        - No evidence of myocarditis
        - Concern for myocarditis
      - Abnormal EKG or positive symptoms: REFER TO CARDIOLOGY Evaluation and testing as dictated by cardiologist
        - Myocarditis guidelines:
          - Recommend testing including EKG, echo, Holter, exercise stress test, +/- cMRI
          - Exercise restrictions for 3-6 months

Severe symptoms: (Abnormal cardiac testing, MIS-C, ICU stay)

References:
1. CDC guidelines: COVID-19: Quarantine vs. Isolation (cdc.gov)
3. Bethesda 36 guidelines

Proposed Pediatric COVID-19 Return to Sports Guidelines

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