

## PRACTICAL PEARL: Sports After COVID19

<b>INTRODUCTION</b>	<ul style="list-style-type: none"><li>While COVID 19 infection has much lower morbidity and mortality in children, cardiovascular complications have been described and long- term effects are not yet known.</li><li>Returning to sports activity following COVID19 is based on expert opinion and subject to change as more data become available. <a href="https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/">https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/</a></li></ul>
<b>INITIAL EVALUATION AND MANAGEMENT BY PRIMARY CARE</b>	<p>Children who have recovered from COVID19 should be cleared for return to sports by their PCP as follows:</p> <ul style="list-style-type: none"><li><b>COVID positive but asymptomatic patients</b> should refrain from exercise for 14 days after the positive test result. Mild symptoms should refrain from exercise until 14 days after resolution of symptoms.</li><li>Prior to return to sports, PCP should evaluate these patients for chest pain, palpitations, shortness of breath or syncope. If negative for findings, these patients may return to sports</li></ul>
<b>WHEN TO REFER</b>	<ul style="list-style-type: none"><li><b>COVID positive with moderate symptoms for &gt; 4 days</b> (includes fever&gt;100.4, myalgia, chills, lethargy or non- ICU hospital stay) should refrain from exercise until cleared by cardiology.</li><li><b>Patients with severe COVID19 or MIS-C should be restricted from activity and under the care of Pediatric Cardiology.</b> Return to sports will be supervised by their cardiologist based on testing.</li></ul>
<b>HOW TO REFER</b>	<ul style="list-style-type: none"><li>(413) 794-KIDS</li></ul>
<b>WHAT TO EXPECT FROM BAYSTATE CHILDREN'S HOSPITAL VISIT</b>	<ul style="list-style-type: none"><li>Your patients will receive a comprehensive workup which may include ECG, ECHO with additional testing based on symptoms</li><li>Recommendations on when return to sports safely</li></ul>