



MSHSAA Returning to Play Post COVID-19 Infection



COVID-19 Positive Athlete¹

14 days have passed since positive test without participation in sports or any exercise

Never had symptoms

Had Symptoms

Negative Screen

*****Return to Play*****
Gradual reintroduction of physical activity with understanding athlete is likely deconditioned after 2 weeks off. While monitoring for any signs of respiratory or cardiac symptoms that may develop with exercise

Symptoms have resolved, no fever (≤ 100.4) for 72 hours without fever, reducing medications, improvement in respiratory symptoms (cough, shortness of breath)

Medical Evaluation by a health care provider (MD/DO/PAC/ARNP). Screening questions to assess for concerning symptoms of myocarditis or myocardial ischemia^{**}

Worsening or ongoing concerning symptoms, (chest pain, chest tightness, palpitations, lightheadedness, pre-syncope or syncope) Exercise related symptoms after 4-6 weeks after returning to play

Further work-up as indicated by primary care clinician (i.e. Chest X-ray, Spirometry, PFTs, Chest CT, Cardiology Consult)

^{**}Adapted from the American Heart Association Pre-Screening of Competitive Athlete Recommendations?
• Chest pain/tightness with exercise
• Syncope/near syncope that is unexplained
• Unexplained or excessive dyspnea/fatigue with exertion
• New Palpitations
• Heart murmur on exam
Medical providers should take into consideration the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.



Positive Cardiac Screening questions or previously Hospitalized Patient

1. Adaptions from: Phehan, Dermot, Jonathan H. Kim, and Eugene H. Chung. "A Game plan for the resumption of sport and exercise after coronavirus disease 2019 (COVID-19) Infection." JAMA cardiology (2020).
2. Adaptions from: Maron BJ, Thompson PG, Puffer JC, et al. Cardiovascular pre-participation screening of competitive athletes. A statement for health professionals from the Sudden Death Committee (clinical cardiology) and Congenital Cardiac Defects Committee (cardiovascular disease in the young), American Heart Association. Circulation. 1996;94:850-856.