

RETURNING TO PLAY AFTER A COVID-19 INFECTION: GUIDANCE FOR FAMILIES



COVID-19 can pose risks to kids and teens' hearts. This guidance was developed by physicians of the Finger Lakes Reopening Schools Safely health workgroup. This was based on American Academy of Pediatrics' guidelines for children to safely return to exercise (sports and physical education) after recovering from COVID-19. This guidance is intended to keep children as safe as possible.

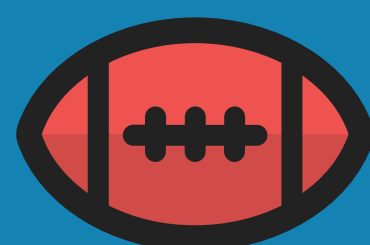
If kids ages 5 years and older have MODERATE or SEVERE COVID symptoms, with four days of fever of more than 100.4°F, or a week or more of muscle pain, chills or extreme tiredness, make an appointment with a pediatrician or health care provider. When? Ten days after the start of infection.



If your child is 12 years or older and engages in intense or competitive sports, and they have been diagnosed with COVID-19, they should see their health care provider 10 days after the start of infection for an evaluation. They should gradually return to sports when cleared to do so.

What to expect when you see your provider:

If kids ages 5 years and older with MODERATE symptoms have any concerning cardiac symptoms, they will need additional follow up. Your health care provider will help determine what next steps are needed.



If kids ages 5 years and older have had SEVERE symptoms, a pediatric cardiology team will work with you on a plan for a gradual return to sports, gym and recess.

Once your child is cleared, they can slowly return to activity. This gradual return will be over at least one week and will be guided by the child's health care provider, the school, and/or the pediatric cardiologist.

If your child develops cardiac symptoms during this gradual return to activity, they should stop exercise and see their health care provider or cardiologist for further evaluation.

