



# MSHSAA

## Returning to Play Post COVID-19 Infection



Athlete with COVID-19 Positive Test within the last 6 months<sup>1</sup>

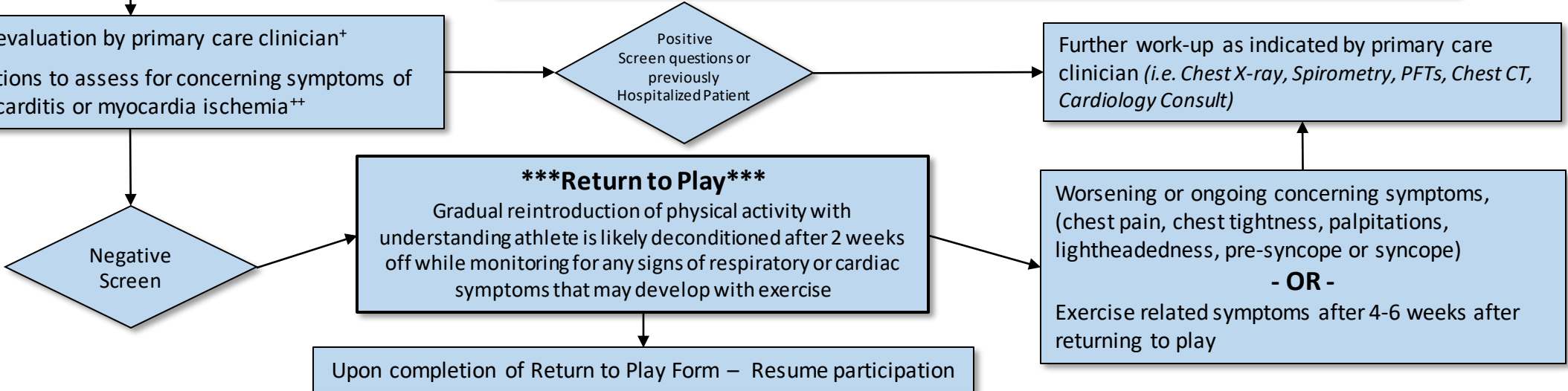
Minimum of 14 days have passed since symptoms first appeared without participation in sports or any exercise  
**-AND-**  
 Symptoms have resolved or was asymptomatic, no fever ( $\geq 100.4$ ) for 24 hours without fever reducing medications, improvement in respiratory symptoms (cough, shortness of breath)

Medical evaluation by primary care clinician<sup>+</sup>  
 Screening questions to assess for concerning symptoms of myocarditis or myocardia ischemia<sup>++</sup>

\*Medical providers should take into consideration the intensity level of sport participation and exercise to help guide their decision to pursue additional evaluation.

\*\*Adapted from the American Heart Association Pre-Screening of Competitive Athlete Recommendations<sup>2</sup>

- Chest pain/tightness with exercise
- Syncope/near syncope that is unexplained
- Unexplained or excessive dyspnea/fatigue with exertion
- New Palpitations
- Heart murmur on exam



1. Adaptions from: Phelan, 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 PD, 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.