



CRITERIA TO RETURN TO PLAY:

- 10 days have passed since **symptoms first appeared**
- Symptoms have resolved** (no fever ≥100.4F for 24 hours without fever reducing medication), resolution of symptoms (cough, congestion, and shortness of breath) **OR** was asymptomatic for **10 days following positive test**
- Athlete was not hospitalized due to COVID-19 infection
- Cardiac screen negative for myocarditis/myocardial ischemia **(All answers below must be a NO)**
 - Chest pain/tightness with exercise YES NO
 - Unexplained syncope/near syncope YES NO
 - Unexplained/excessive dyspnea/fatigue w/exertion YES NO
 - New palpitations YES NO
 - New murmur on exam YES NO

- 1) PCR-positive or presumed COVID-19 infection diagnosed by a clinician. Antibody testing alone does not qualify.
- 2) <https://www.cdc.gov/coronavirus/2019-ncov/it-you-are-sick/isolation.html>. As of 1-5-21: 10 days from positive test or if asymptomatic, 10 days from symptom onset **and** afebrile for 24 hours without antipyretics **and** other symptoms are improving
- 3) Mild symptoms: <4 days of fever >100.4, myalgias, chills, lethargy; and no cardiac symptoms (new/unexplained chest pain, shortness of breath, palpitations, dizziness, syncope, significant decrease in exercise tolerance)
- 4) Moderate symptoms: ≥4 days of fever >100.4, myalgias, chills, lethargy; or any cardiac symptoms (new/unexplained chest pain, shortness of breath, palpitations, dizziness, syncope, significant decrease in exercise tolerance) Includes non-ICU hospitalization with no evidence of MIS-C