

## Pediatric Clearance to Begin Gradual Return to Activity Protocol after COVID-19 Infection

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Grade: \_\_\_\_\_ Sport: \_\_\_\_\_

Date of symptom onset: \_\_\_\_\_

Date of Positive COVID-19 test or diagnosis: \_\_\_\_\_

Date of Resolution of symptoms: \_\_\_\_\_ (based on student/parent report)

Self-isolation end date (can return to school): \_\_\_\_\_

Date of next follow up visit with PCP (if indicated): \_\_\_\_\_

*Below you will find pertinent information regarding the above student and their return to activity (including sports, physical education, etc) following COVID-19 Diagnosis:*

- Asymptomatic** and Positive COVID- 19:
  - Patient has self-isolated 10 or more days since the positive test.
  - Patient has contacted their physician.
  - May start Gradual Return to Activity protocol\* on this date: \_\_\_\_\_
- Mild Symptoms** and Positive COVID-19: *Mild symptoms at this time include: Fever higher than 100.4 F for less than 4 days, < 1 week myalgia, chills or lethargy*
  - Patient must self-isolate for ten days after symptom onset and be symptom free for at least 24 hours before being cleared to start Gradual Return to Activity protocol.
  - Patient has been evaluated and cleared to begin Gradual Return to Activity protocol.
  - May start Gradual Return to Activity protocol\* on this date: \_\_\_\_\_
- Moderate Symptoms** and Positive COVID-19: *Moderate symptoms at this time include: Fever higher than 100.4F for greater than 4 days, ≥ 1 week myalgia, chills or lethargy. Non-ICU hospital stay and no signs of MIS-C*
  - Patient has been evaluated by their physician and completed any workup indicated.
  - Patient has self-isolated for at least 10 days after their symptom resolution.
  - May start Gradual Return to Activity protocol\* on this date: \_\_\_\_\_
- Severe Symptoms** and Positive COVID-19/**Hospitalized or MIS-C**: Patient will require clearance from Cardiology to start Gradual Return to Activity protocol\* at least 3-6 months after infection.
- Remote history of Positive COVID-19 infection AND currently asymptomatic:**
  - Patient is considered fully cleared for all activity/sports without restriction unless they develop symptoms of shortness of breath out of proportion for recent upper respiratory tract infection, chest pain, new syncope or new palpitations.

### ***Special instructions/additional restrictions:***

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Please contact our office if you have any further questions or require further clarification.

Provider Printed Name: \_\_\_\_\_ Provider Signature: \_\_\_\_\_

Date Signed: \_\_\_\_\_

*\*Gradual Return to Activity protocol is intended for 12 years old and up. Children <12 may return to physical activity as tolerated.*

*Note: The above information was agreed upon by an interdisciplinary group of Maine physicians as of June 2021 and will continue to be updated as additional guidance or new evidence emerges*