

COVID Return To Play:

Tracy Zaslow and Janet Semple-Hess

Marketing Assets

- Please identify guest Twitter/Facebook/Instagram handles here (if permission obtained):
Twitter: @SportsDocLA
- Please identify brief points or message that you would like to highlight, and the marketing team will work that message into character constraints:
 - Asymptomatic young people who have tested positive for covid have no restrictions to return to play.
 - Moderate cases in kids older than 12 years need an evaluation including an EKG with referral to a cardiologist only if there are abnormalities present on the EKG.
 - Severe cases of covid need evaluation by a cardiologist for rigorous testing as well as restriction from play for 3-6 months.

Tweet copy

Got parents asking you when their kids can return to sports post-COVID? :basketball:
:woman-swimming: :athletic_shoe: In this free piece, @SportsDocLA and Dr. Janet Semple-Hess discuss how they navigate testing and management in their review of the latest COVID return to play guidelines. <pedsrp free chapter link>

Site Assets

- Navigate to the share [COVID Google Folder](#) and create a copy of this template to store in that folder
- Please submit the following assets to Kat Levine (@klevine) on Slack at the time of submitting your CE'd file; until these assets are received in this format, your piece cannot be published on the site/app

Written Assets Template

Title: Post COVID Return to Play in Pediatric Patients

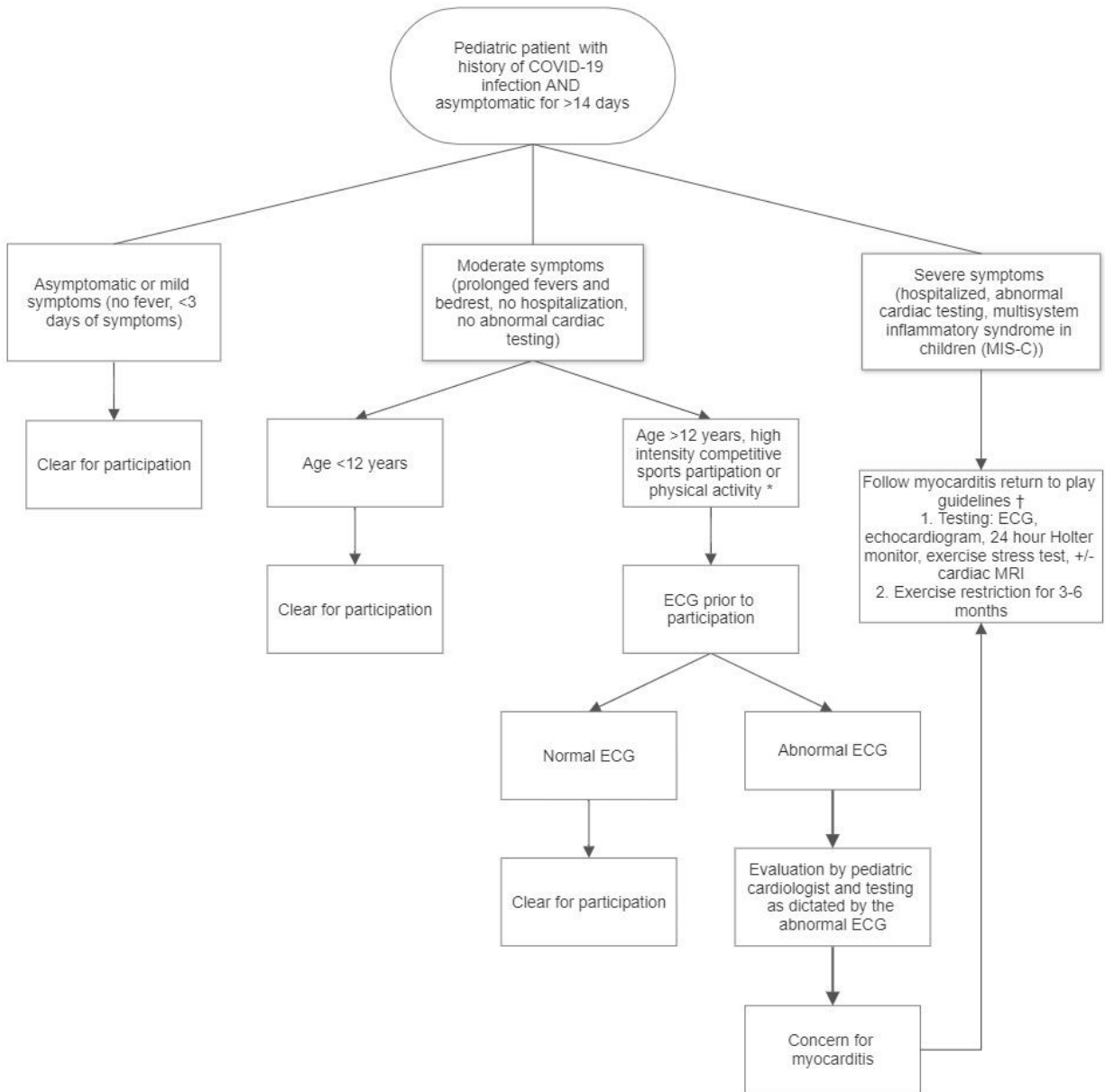
Summary:

- Reports of long term health issues after COVID infection have raised concerns about when it is safe to return to participate in sports after COVID infection. Cardiology, sports medicine, and pediatric societies have provided guidance to guide health care professionals in advising their patients in regard to return to play issues. In this Hippo segment, sports medicine expert Dr. Tracy Zaslow and pediatric emergency medicine

physician Dr. Janet Semple-Hess review all there is to know about Post-COVID Return to Play.

References:

Return to Play After COVID-19 Infection in Pediatric Patients



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Tags:

Infectious Disease ID, Sports Medicine, Cardiovascular CV, Injury and Illness prevention, Pediatrics

*****DO NOT PUBLISH BELOW**

Shownotes:

Objectives:

- 1) Review which athletes need further evaluation and what evaluation is needed after COVID infection prior to return to play
- 2) Discuss considerations for safe return to play after COVID 19
- 3) Review case examples to discuss common return to play scenarios

Patients who test (+) for covid must not return to play until **asymptomatic for >14 days** and:

- Among kids with asymptomatic covid infection: return to play, no testing or ECG needed
- Among kids with “moderate illness” (fever \leq 3 days, not hospitalized):
 - For the younger patients (< 12 years-old), since their exertional level during sports is likely not significantly higher than their activities of daily living, we do not believe cardiac testing is required to clear them for physical activity or sports if their history and exam are reassuring.
 - Older kids/college students: perform an ECG on an older pediatric patient who wants to return to high school or collegiate sports
- Among kids with severe disease (MIS-C, myocarditis), patient should be restricted for 3-6 months and only resume activities when/if cardiac testing (ECG, echocardiogram, 24-hour Holter monitor, exercise stress test and possibly cardiac magnetic resonance imaging [CMRI]) have normalized

Aside from cardiac concerns, remember to gradually head back to intense play due to deconditioning and risk of injury

Psychological issues may keep children from feeling comfortable when returning to play after covid infection, or among those who have not been infected, they may fear getting infected with covid-19.

FOR REFERENCE - Available tags:

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Infectious Disease ID ** please use this tag for all covid content + additional as needed
