

Sports/Physical Education Clearance after COVID-19 Infection

updated 1/13/22

Name _____

Date of Birth _____

Severity of illness - check one:

___ The above named patient had **asymptomatic or mild** COVID-19 infection within the past 6 months (< 4 days of fever above 100.4, < 1 week of myalgia, chills or lethargy)

- 10 days have passed from the onset of symptoms or the date of the positive test if asymptomatic
- Has been symptom free for at least 24 hours off fever-reducing medications
- A history and physical exam were performed and were unremarkable

___ The above named patient had **moderate symptoms** of COVID-19 within the past 6 months (\geq 4 days of fever > 100.4, \geq 1 week of myalgia, chills or lethargy or a non-ICU hospital stay and no evidence of MIS-C)

- 10 days have passed from the onset of symptoms
- Has been symptom free for at least 10 days off fever-reducing medication
- A history and physical exam were performed and were unremarkable
- An EKG was normal

How to Proceed - check one:

___ This patient has a history of COVID-19 in the past 6 months. They have already returned to physical activity or sports on their own without any complaints of severe shortness of breath, chest pain, palpitations or syncope. They are cleared to continue with physical activity or sports.

___ This patient is **younger than 12 years of age** and may progress back to sports/physical education according to their own tolerance. If there are any complaints of severe shortness of breath, chest pain, palpitations or syncope, physical activity should be suspended and the patient should be reassessed by his medical provider

___ This patient is **over 12 years of age** and may begin a graduated return to play evaluation. If there are any complaints of: severe shortness of breath, chest pain, palpitations or syncope, physical activity should be suspended and the patient should be reassessed by his medical provider

Medical Provider Name

Medical Provider Signature

Date