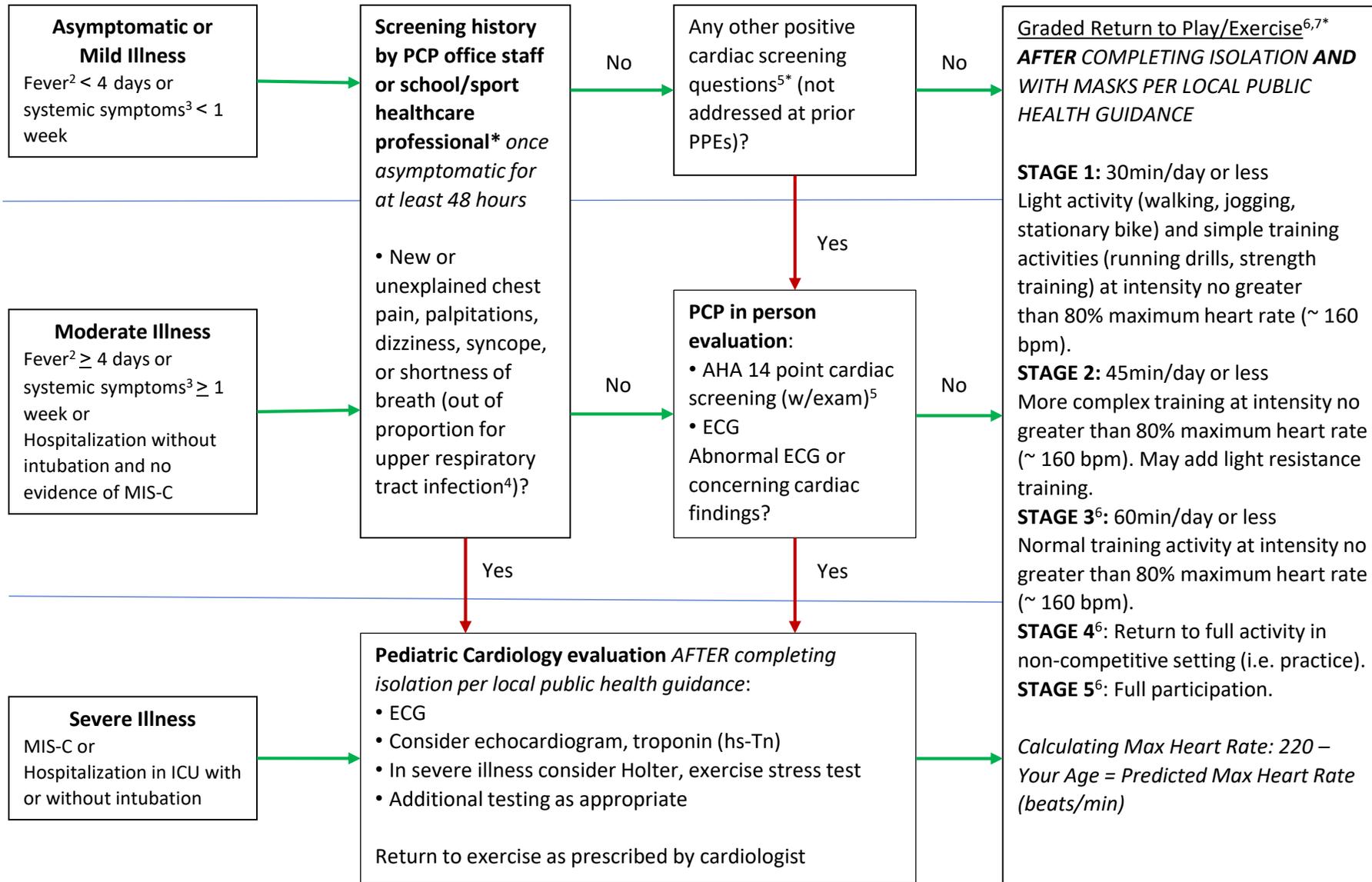


# CHaD Return to Exercise Guidance after COVID-19 Infection

**This algorithm is based on expert opinion and should not supersede  
best individual clinical judgement.**

**Effective February 7, this guidance may replace any previously published  
guidance from CHaD.**

# COVID-19 positive test in a pediatric patient with no known significant cardiac disease<sup>1</sup>



1. Patients known to have significant cardiac disease should be cleared by their cardiologists with appropriate testing determined based on the specific situation.
  2. Fever is considered to be a temperature > 100.4 F.
  3. Systemic symptoms include chills, GI symptoms, headache, lethargy, myalgia.
  4. Consider Pediatric Pulmonary consultation.
  5. As per 5<sup>th</sup> Edition AAP PPE *Monograph*\*
  6. AAP guidance allows for asymptomatic or mild illness to start at Stage 3.
  7. Symptoms at any Stage require Cardiology consult.
- \* See suggested tools on the webpage for phone or school/sport healthcare professional (ATC, RN) screening

Symptoms at any stage require Cardiology consult