

If an athlete had COVID-19 when can they return to play?

- Anyone who has a history of COVID-19 must get their doctor's permission before they return to exercise or sports. A doctor's note to return to play is required.
- A child who has had a positive test for COVID-19 should have a gradual return to physical activity.
- Before returning to activity, children should be screened by their doctor for heart symptoms like chest pain, shortness of breath, fatigue, [irregular heartbeat](#), or [fainting](#).
- Anyone without [symptoms](#) requires a minimum 2-week resting period without exercise or competition.
- An athlete with symptoms should not exercise or compete for at least 2 to 4 weeks.
- A child with a positive heart screening may need an [EKG](#).
- Children who were very sick from COVID-19 must be treated as though they have an inflamed heart muscle ([myocarditis](#)) and not exercise or compete for 3 to 6 months. A pediatric cardiologist should examine these children before they are allowed to return to exercise or competition.

Source :

<https://www.healthychildren.org/English/health-issues/conditions/COVID-19/Pages/Youth-Sports-Participation-During-COVID-19-A-Safety-Checklist.aspx> - American academy of Pediatrics