

Returning to physical activity after COVID-19 infection

If your child has a positive COVID-19 test, notify their pediatrician. The doctor can advise how long they need to wait before returning to exercise or sports. This will be based on how severe their COVID-19 symptoms are, and whether they develop signs of multisystem inflammatory syndrome in children ([MIS-C](#)), myocarditis, or other [post-COVID conditions](#):

- **Children and teens with no symptoms or mild symptoms of COVID-19, and no symptoms of MIS-C** need to be screened for heart symptoms. The doctor will ask about any chest pain, shortness of breath, fatigue, [irregular heartbeat](#), or [fainting](#), for example. A child with a positive heart screening will need an EKG and referral to a pediatric cardiologist for possible additional cardiac tests.
- **Those with moderate symptoms and no signs of MIS-C** should not exercise until their symptoms are gone and they are seen by their doctor for a cardiac screening, complete physical exam and EKG. Moderate symptoms are considered to be 4 or more days of fever over 100.4 F, a week or more of muscle aches, chills or fatigue, or a non-ICU hospital stay. Next steps depend on cardiac screening or EKG findings.
- **Children who were very sick from COVID-19 or diagnosed with MIS-C** must be treated as though they have an inflamed heart muscle ([myocarditis](#)). They should 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. The doctor will recommend a schedule of gradually increasing physical activity based on the child's age and severity of symptoms.

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