Cardiopulmonary Considerations for High School Student-Athletes during the COVID-19 Pandemic

Confirmed New Infection

Isolate and contact tracing per public health guidelines

Asymptomatic or Mild illness
(common cold-like symptoms, GI symptoms or loss of taste/smell; generally without fever or fever <2 days)

Check-in with clinician
No specific cardiac testing; additional evaluation and cardiac testing based on clinical concern
No exercise for at least 3-5 days from symptom onset or positive test; timeline of exercise progression should be individualized

Moderate illness or Initial Cardiopulmonary Symptoms
(fever >100.4°F, chills, flu-like syndrome for ≥2 days, or chest pain, dyspnea, palpitations)

Medical evaluation and consider ECG, Echo, and Troponin before a return to exercise progression
No exercise for at least 5-7 days from symptom onset; moderate symptoms should be resolved before starting an exercise progression

*Cardiopulmonary Symptoms with Return to Exercise
(exertional chest pain, excessive dyspnea, unexplained exercise intolerance, palpitations, syncope)

Medical evaluation and consider ECG, Echo, and Troponin
No exercise until evaluation is complete

Severe illness or Hospitalization

A comprehensive medical evaluation and cardiology consultation is recommended
Consider ECG, Echo, and Troponin
No exercise until evaluation is complete

Return to Play
Monitor for new cardiopulmonary symptoms (e.g., chest pain) with exercise*

Cardiology consultation and consider Cardiac MRI before a return to exercise progression

ECG should be compared to previous when available
Troponin testing (hs-cTnI or cTnI) should be performed after 48 hours without exercise
Confirmed myocarditis, pulmonary embolism, or other cardiopulmonary disorder should be managed per medical guidelines

Normal testing

Abnormal testing