

California's COVID-19 Youth Health Information Act

Medical consult and gradual return to play protocol for all K-12 students engaging in physical education and athletics

Any student showing signs or symptoms of COVID-19, or who has tested positive for COVID-19, within the prior six months should consult with their medical provider prior to returning to P.E. or sports activities, and follow "gradual return to play" protocol recommended by the American Academy of Pediatrics.

COVID-19 Symptoms

Symptoms may be asymptomatic (no symptoms), mild, moderate or severe. Children can have COVID-19 and not know it because they had no symptoms or very mild symptoms. Please check with the American Academy of Pediatrics for the most current list.

No Symptoms/Mild Symptoms

- No symptoms
- Fever 100.4+ for 1-3 days
- Shortness of breath
- A cough
- Chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

ModerateSymptoms

- Same symptoms as mildly symptomatic
- A week or more of muscle aches, chills or fatigue, or a non-ICU hospital stay.
- Fever for four or more days

Severe Symptoms

- Any hospitalization
- ICU stay and/or intubation
- MIS-C (multisystem inflammatory system in children)

Medical Consult

When the student showing signs or symptoms of COVID-19 or who has tested positive for COVID-19 within the prior six months consults with their medical provider, the student will learn if they need:

- An in-person medical examination prior to returning to P.E., exercise or sports activities;
- A review of the 14-point pre-participation screening evaluation;
- Additional cardiac testing, such as an EKG and referral to a pediatric cardiologist.

Gradual Return to Play Protocols

Once cleared, the student can start a gradual return to physical activity. Their medical provider will recommend a schedule based on the student's age and the severity of their COVID-19 symptoms. The "gradual" time frame varies by days or weeks (for mild and moderate cases) to months (for severe cases).

Monitor your youth for the following symptoms and report any to your provider for further evaluation:

- Dizziness
- Difficulty breathing
- Chest pain/pressure
- Fainting
- Decreased exercise tolerance

Additional Resources

American Academy of Pediatrics
CDC Guidelines for COVID-19 Vaccinations
California Department of Education
California Interscholastic Federation (CIF)
American Medical Society of Sports Medicine
California AB856 COVID-19 Youth Health Information Act

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