



Sound Beach Pediatrics Office Protocol for COVID19+ Patients

Based on AAP & CDC Guidance
January 27, 2020

Sound Beach Pediatrics is here to help guide you during your family's experience with COVID19.

To help ensure the best health care for your child during and after COVID19 infection, please do the following:

- Please keep track of your child's symptoms day to day using our "[Daily Symptom Checker](#)."
- Please connect with our office by portal or phone for moderate COVID19 symptoms: fever (100.4 or greater), fatigue, chills, myalgias lasting 4 days or more.
- Call us immediately for any symptoms such as chest pain, palpitations, shortness of breath, loss of consciousness, or extreme lethargy. We will provide you with prompt guidance.

Once your child is symptom free for 2 weeks, we would like to see your child in our office for a complete examination.

For children 5 years and up:

- We will also need to provide clearance for return to PE and sports.
- Depending on your child's symptoms during illness, we may recommend a referral to cardiology for an evaluation before formal clearance.
- All children who are cleared must then complete a gradual return to activity (see below)*.

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Gradual Return to Activity

Adapted from AAP “COVID-19 Interim Guidance: Return to Sports” 12/7/20

The following progression was adapted from Elliott N, et al, infographic, *British Journal of Sports Medicine*, 2020:

Stage 1: Day 1 and Day 2 - (2 Days Minimum) - 15 minutes or less: Light activity (walking, jogging, stationary bike), intensity no greater than 70% of maximum heart rate. NO resistance training.

Stage 2: Day 3 - (1 Day Minimum) - 30 minutes or less: Add simple movement activities (eg. running drills) - intensity no greater than 80% of maximum heart rate.

Stage 3: Day 4 - (1 Day Minimum) - 45 minutes or less- Progress to more complex training - intensity no greater than 80% maximum heart rate. May add light resistance training.

Stage 4: Day 5 and Day 6 - (2 Days Minimum) - 60 minutes -Normal training activity - intensity no greater than 80% maximum heart rate.

Stage 5: Day 7 - Return to full activity/participation (ie - Contests/competitions).

Resource Link: <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>