Cardiac Considerations for College Student-Athletes during the COVID-19 Pandemic

Confirmed Past Infection
(+ ) Antibody or Prior PCR Test

Mild to moderate illness or asymptomatic (managed at home)

Medical evaluation or routine PPE
Symptom screen
Consider ECG

Further work-up as indicated

*Cardiology consult, ECG, Troponin, Echo
Consider Cardiac MRI, Holter, Stress Test or CPET, Chest X-ray, Spirometry, PFTs, D-Dimer, and Chest CT

Confirmed New Infection
(+ ) PCR or Antigen Test

Isolate and contact tracing per public health guidelines

Asymptomatic

No exercise for 10 days
Monitor for development of symptoms during isolation
Consider ECG and Troponin and medical evaluation before a return to exercise progression
Monitor for development of symptoms with exercise

Moderate illness
(fever, flu-like illness)

No exercise for at least 14 days or while symptomatic
Consider ECG and Troponin and medical evaluation before a return to exercise progression
Monitor for symptom development with exercise

Severe illness (hospitalized)

For more severe illness, hospitalization, or ongoing symptoms, a comprehensive medical evaluation and cardiology consult is recommended*

Severe illness (hospitalized)

OR
Ongoing CV symptoms (chest pain, shortness of breath, exercise intolerance, palpitations)

Asymptomatic

Medical evaluation
Symptom screen
Additional testing*

Mild illness (common cold-like symptoms without fever)

No exercise for at least 10 days or while symptomatic
Consider ECG and Troponin and medical evaluation before a return to exercise progression
Monitor for development of symptoms with exercise

Considerations were developed by an expert panel from the American Medical Society for Sports Medicine and the American College of Cardiology

- Troponin testing should be performed after 48 hours without exercise
- Confirmed myocarditis, pulmonary embolism, or other cardiopulmonary disorder should be managed per medical guidelines

Asymptomatic

Medical evaluation
Symptom screen
Additional testing*

Mild illness (common cold-like symptoms without fever)

No exercise for at least 10 days or while symptomatic
Consider ECG and Troponin and medical evaluation before a return to exercise progression
Monitor for development of symptoms with exercise

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