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

*Recommendations for cardiac testing are based on expert consensus with limited evidence

**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, Echo

- Further work-up as indicated in conjunction with a cardiologist

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

- Severe illness (hospitalized) OR Ongoing CV symptoms (>14 days from onset of illness: chest pain, shortness of breath, exercise intolerance, palpitations)
  - Medical evaluation
  - Symptom screen
  - Additional testing*
    - *Cardiology consultation, ECG, Troponin, Echo
    - Consider Cardiac MRI, Holter, Stress Test or CPET, Chest X-ray, Spirometry, PFTs, D-Dimer, and Chest CT

  - Further work-up as indicated in conjunction with a cardiologist

**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, Echo, and Troponin and medical evaluation before a return to exercise progression
  - Further work-up as indicated in conjunction with a cardiologist

- **Mild illness** (common cold-like symptoms without fever)
  - No exercise for at least 10 days or while symptomatic
  - Consider ECG, Echo, and Troponin and medical evaluation before a return to exercise progression
  - Further work-up as indicated in conjunction with a cardiologist

- **Moderate illness** (fever, flu-like illness or chest symptoms)
  - No exercise for at least 14 days or while symptomatic
  - Consider ECG, Echo and Troponin and medical evaluation before a return to exercise progression
  - Cardiology consultation and consider Cardiac MRI if initial evaluation is abnormal
  - Monitor for development of symptoms with exercise

- **Severe illness** (hospitalized)
  - For more severe illness, hospitalization, or ongoing CV symptoms, a comprehensive medical evaluation and cardiology consultation is recommended*
    - Consider Cardiac MRI

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