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

*Recommendations for cardiac testing are based on expert consensus and informed by current evidence*

- **Confirmed New Infection**
  - Isolate and contact tracing per public health guidelines

  - **Asymptomatic or Mild illness** (common cold-like symptoms [without fever], GI symptoms, or loss of taste/smell)
    - Medical evaluation before a return to exercise progression
    - No specific cardiac testing; additional cardiac testing based on clinical concern or institutional requirements
    - No exercise for at least 3 days from symptom onset or positive test; timeline of exercise progression should be individualized
    - **Return to Play**
      - Monitor for new symptoms with exercise*

  - **Moderate illness or Initial Cardiopulmonary Symptoms** (≥2 days of fever, chills, or flu-like symptoms; or chest pain, SOB, or palpitations)
    - Medical evaluation and consider ECG, Echo, and Troponin before a return to exercise progression
    - No exercise for at least 5 days from symptom onset; fever, flu-like and cardiopulmonary symptoms should be resolved before starting an exercise progression
    - **Return to Play**
      - Monitor for new symptoms with exercise*

  - **Severe illness or Hospitalization**
    - A comprehensive medical evaluation and cardiology consultation is recommended
      - Consider ECG, Echo, and Troponin
    - **Cardiology consultation** and consider Cardiac MRI before a return to exercise progression

  - ***Cardiopulmonary Symptoms with Return to Exercise** (chest pain, excessive SOB, palpitations, or unexplained exercise intolerance)
    - Medical evaluation and consider ECG, Echo, and Troponin
      - **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**

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