

After covid-19, new recommendations for returning to young sports and activity.

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Introduction

COVID-19 has been related to myocarditis, an inflammation of the heart muscle, and participating in sports while suffering from myocarditis can be harmful. The American Academy of Pediatrics (AAP) advised that any child who tested positive for COVID-19 undergo an in-person examination with their paediatrician before returning to sports, especially competitive sports, early in the pandemic. However, the American Academy of Pediatrics (AAP) modified that advice in January 2022 since the risk of myocarditis in children with COVID-19 has decreased to between 0.5 and 3% [1].

Even if it may appear that the epidemic has lasted an eternity, we are continuously learning about COVID-19 and its impact on the body. Key points extracted from the full set of new recommendations issued by the AAP for returning to sports and physical exercise are discussed below based on what we know now. But stay tuned, since as more information becomes available, this advice is likely to alter.

What was the severity of the illness?

The American Academy of Pediatrics gives distinct recommendations based on three COVID-19 severity classifications [2].

Asymptomatic or mild illness means

- A fever of more than 100.4 for fewer than four days.
- Muscular aches, chills, or fatigue for less than a week (feeling weak and tired)

Moderate illness means

- Four or more days of a fever of higher than 100.4
- Hospitalisation (not in ICU) but no MIS-C in a child.
- Muscle aches, chills, or lethargy for one week or longer (multisystem inflammatory syndrome in children)

Severe illness means

- Intubation and/or ICU stay (need for a breathing tube)
- MIS-C

The majority of children will be classified as mild

- No exercise while in isolation — not only to prevent people from getting sick, but also to allow the body to fight the infection [3].

- Checking for signs of myocarditis, such as chest pain and shortness of breath that isn't consistent with the severity of cold symptoms.
- Dizziness or fainting or New palpitations (irregular heartbeat)

This screening should be done by the child's primary care physician, although it might also be done by telehealth or phone. However, because many children test positive at home or at school and don't even contact their doctor, and many primary care doctors are swamped by the volume of cases in their practise, this may be challenging. As a result, it's critical for parents to be aware of these symptoms and to get medical help if they occur. Before returning to sports, the youngster should have an in-person evaluation, an electrocardiogram (EKG), and maybe a visit with a cardiologist [4].

The children in the moderate group should see a doctor

Whether or not they have symptoms of myocarditis, they should have a physical examination and an EKG. The doctor will decide if they need to see a cardiologist based on that appointment and the results of the EKG.

Children in the severe category must take a break before exercising again.

All of them should see a cardiologist and wait three to six months before returning to sports or exercise, according to the advice.

Gradual — and safe — return to sports and activity is recommended

- All children should follow the CDC's isolation guidelines.
- All children who have had COVID-19 must wear a mask at all times until their symptoms have subsided for at least 10 days (or after the date of a positive test if asymptomatic).
- Children should not return to sports until they are free of symptoms, to ensure the safety of others and to allow their bodies to heal.
- It's best to ease back into it at first, with shorter and/or gentler sessions and no competitions for at least three days after returning.
- Make sure your kids and coaches are aware of the signs and symptoms of myocarditis, which include chest pain,

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shortness of breath, an irregular heartbeat, dizziness, and fainting. If any signs of myocarditis appear, the child's activity should be halted and an adult should seek medical help for him or her.

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