APPENDIX 8.3

Cardiovascular Recommendations to RTP after positive COVID-19 infection

Asymptomatic or Mild Symptoms* No Comorbidity**
- Self-isolation at least 1 week after positive test or symptoms resolution before resuming mild exercise.
- NSMP doctor exam.
- Gradual return over the second week.

Asymptomatic or Mild Symptoms with Comorbidity**
- Self-isolation and Resting during symptomatic period.
- Resting for at least 1 additional week of convalescence after complete symptoms resolution.

Moderate-Severe disease (hospitalization)
- Resting for additional 2 weeks of convalescence after complete symptoms resolution.

With Cardiac involvement***
- Myocarditis RTP Guidelines

Without Cardiac involvement***
- History & PE
- 12 leads ECG
- TT Echo-cardio
- +/-hs-Tn & hs-PCR
- +/-Exercise test
- Symptoms / Comorbidities guided tests
- 24 hs Holter monitoring
- CMR

Cardiac Assessment

Legend: Cardiovascular Recommendations to RTP during COVID-19 pandemic. (Abbreviations: RTP return to play, TED thromboembolic disease, hs-TN high sensitivity troponin, hs-RCP high sensitivity reactive C protein, ASCR athlete screening, PCRs polymerase chain reaction, PE physical examination, ECG electrocardiogram, TT transthoracic, CMR cardiac magnetic resonance.)