



Let's Make Sure Your Child is Ready to Return to Sports

Please complete this quick checklist developed by the pediatric specialists of Nemours Children's Health System

Why is it important for your child to be seen by a pediatrician before returning to sports? Some people who have had COVID-19 can have complications that are made worse by playing sports. It's important your pediatrician see your child to make sure it is safe for them to participate in sports and other physical activities. Together, you and your pediatrician can reduce your child's risk. If your pediatrician finds an issue, they'll work with you and your child to address it.

Please check "Yes" or "No" to indicate if your child has had these symptoms anytime in the last 2 weeks:

		Yes	No
1	Fever		
2	Cough		
3	Shaking or chills		
4	Loss of taste or smell		
5	Sore throat		
6	Nausea, vomiting or diarrhea		
7	Fatigue		
8	Discoloration of the fingers or toes or pain in the arms or legs		
9	Shortness of breath or difficulty breathing		
10	Chest pain, pressure or tightness		
11	Palpitations, racing heart, tachycardia (very fast heartbeat)		
12	Dizziness, syncope (passing out) or seizure		

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