



J. BROOKS HOFFMAN '36 HEALTH CENTER | BLAIR ACADEMY  
healthcenter@blair.edu | (phone) 908-362-2010 | (fax) 908-362-7885

## COVID-19 RETURN-TO-SCHOOL & PLAY FORM 2022-23

Student's Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Date of symptom onset: \_\_\_\_\_ Date of positive COVID-19 test result (if applicable): \_\_\_\_\_

- **Fever is defined as >100.4F, and "resolved" means the student has a temperature below 100.4F WITHOUT the use of medication.**
- **If fever was never present, the other guidelines must still be followed.**
- **If testing is PENDING, please complete the form only after results are available.**
- **A student may not return while a test is pending.**

### RETURN-TO-SCHOOL

#### PLEASE SELECT ONE (PER CDC/NJDOH GUIDELINES):

- Student found to have another source of symptoms, SARS-COV2 testing was NOT done, and may return to school 24 hours after fever has resolved and other symptoms improve.
- Student had a NEGATIVE test for SARS-COV2, as well as another source of symptoms, and may return to school 24 hours after symptoms have resolved.
- Student is or was **symptomatic** and has a POSITIVE test for SARS-COV2 must stay home and isolate from the onset of symptoms for a minimum of 5 days. Fever must have resolved for over 24 hours and symptoms improved for any student to return.
- Student is or was **asymptomatic** and has a POSITIVE test for SARS-COV2 must stay home and isolate from the date of the test for 5 days. If symptoms develop, the student must THEN stay home until 24 hours after fever resolves and symptoms are improving, with a minimum of 5 days from the date of symptom onset.

*In addition, any student who has tested positive and is symptomatic for COVID-19 with moderate symptoms and/or cardiac symptoms must be examined, provide EKG, and cleared by a cardiologist and present a note of clearance to the Health Center for review.*

**It is recommended that all student athletes who have tested positive for COVID-19 follow a graduated return-to-play protocol. Consideration for extending the progression should be given to children and adolescents who experienced moderate COVID-19 symptoms as recommended by the American Academy of Pediatrics COVID-19 Interim Guidance: Return to Sports and Physical Activity.**

### RETURN-TO-PLAY

#### PLEASE SELECT ONE (PER AAP GUIDELINES):

- Student has already advanced back to physical activity on their own and is without abnormal cardiovascular signs/symptoms
- Asymptomatic/Mild symptoms:** 1 day symptom free (excluding loss of taste/smell), 2 days of increase in physical activity, no games before day 3. To be completed with athletic trainer.
- Moderate symptoms:** 1 day symptom free (excluding loss of taste/smell), and a minimum of 4 days of gradual increase in physical activity, no games before day 5. To be completed with athletic trainer.

***All students must follow Blair COVID-19 protocols.***



J. BROOKS HOFFMAN '36 HEALTH CENTER | BLAIR ACADEMY

healthcenter@blair.edu | (phone) 908-362-2010 | (fax) 908-362-7885

Based on current CDC/DOH guidelines, the patient's exam and results for any tests that may have been performed, this patient may return to school once any fever has resolved x 24 hours (without the use of medication) and other symptoms are improving.

The earliest this patient may return to school is: \_\_\_\_\_

This statement is valid based on relevant information on the date below, but may change based on new symptoms, exposures, or results. The patient's family has been instructed to notify the office for any changes.

Health Care Provider's Name (print): \_\_\_\_\_

Health Care Provider's Signature: \_\_\_\_\_

Today's Date: \_\_\_\_\_

Office Stamp: