

VCHIP CHAMP VDH COVID-19

March 8, 2021 | 12:15-12:45pm Call Questions and Answers*

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Questions/Discussion

Q: What about fatigue as a symptom? Does that have to be gone?

A: Kristen Connolly, MD, Timber Lane Pediatrics Milton: The APP guidelines just say loss of taste and smell. Fatigue is certainly something we'd probably want to be more cautious about clearing an athlete for participation in school sports, particularly for the older athletes. The APP does not say fatigue is included in one of the symptoms that can go beyond that exclusion period. Again, there's some clinical decision-making in that. I would say anyone who's feeling fatigue without doing intensive sports probably is in a position where you have to be cautious clearing them for intensive sports.

Q: Will copies of newly adjusted guidelines for return to activity be sent out?

A: Breena Holmes, MD, VCHIP, VDH: Yes, will be included in tonight's email AND we will distribute to school liaisons in health department offices, school nurses, etc. We will update the links on the VCHIP website and we really want people to use links to avoid version issues.

Q: So, if diagnosis was more than 3 months ago, we don't have to go through clearance?

A: Kristen Connolly, MD, Timber Lane Pediatrics: Yes, we assume that at that point kids are probably doing all this. Individual clinicians, you can have different circumstances you may consider but if kids are involved in strenuous exercise beyond the 3 month point you can kind of start out from there.

Q: General question – anyone hearing of Vermonters diagnosed w/ COVID-19 s/p completing COVID-19 vaccination?

A: Benjamin Lee, MD, UVMCH & LCOM Dept. of Pediatrics: I personally have not heard of Vermonters with COVID-19 following vaccination.

A: Wendy Davis, MD, VCHIP: I don't think I've heard specifically of any cases of that.

Q: Some school nurses have reported that some kids have been coming back after a positive COVID-19 test before the 10 days? This is confusing as the VHD says 10 days out after a positive. I bring this up as if they can return to school earlier than they will possibly be playing gym before the 10 days?

A: Breena Holmes, MD, VCHIP, VDH: Return to school is 10 days after diagnosis AND fever free 24 hours AND symptoms improving.

A: Karen Harlow, Essex High School: Just to clarify, the graduated return to play for athletics and PE class is for students over 12 years of age and only for those students who have had moderate symptoms.

Q: The School Nurses have reported different people have been telling them different dates to return to school after positive testing. I don't know what we can do to make sure that people are for sure staying out the 10 days after positive COVID-19 testing so that way we won't have to worry about those kids doing gym class etc.

A: Benjamin Lee, MD, UVMCH & LCOM Dept. of Pediatrics: To clarify, the test can be done after symptoms begin, so it could be that students are clear 10 days after symptom onset, 7 days after test result, for example.

A: Kristen Connolly, MD, Timber Lane Pediatrics: We had a big conversation about this because I think it would be so nice if this got filled in with the return to school algorithm but it really doesn't. So, the return to school is really about public health and infectious spread. And this is really about symptom duration for the individual in terms of risks to the myocardium. So, it's not a neat and tidy 10 days that matches up with the return to school algorithm which may be why there was initially some confusion on the school end. But this really has to be at least 10 days from a test. It does not include when symptoms started. They specifically say the test itself in the APP guidelines. And the symptoms are also different, it's not just improving symptoms but symptom-free. So, again, it's different. It'd be very nice if it aligned but it doesn't totally.

Q: Could you remind the school districts about the return to school?

A: Nathaniel Waite, RN, VDH: Our Outbreak Prevention and Response teams are really great about reviewing dates with schools when working through situations that impact the school setting.

Q: Return to school is 10 days from symptom onset not from the positive test, correct?

A: Benjamin Lee, MD, UVMCH & LCOM Dept. of Pediatrics: That is correct.