



Health Services Department
975 North D Street
Stockton, CA 95206
(209) 933-7060
FAX (209) 933-6520

BOARD OF EDUCATION
Cecilia Mendez, President
Maria Mendez, Vice President
Ray C. Zulueta, Jr., Clerk
AngelAnn Flores, Trustee
Scot McBrian, Trustee
Alicia Rico, Trustee
Candelaria Vargas, Trustee
INTERIM SUPERINTENDENT
John Ramirez, Jr.

Referral for Sports Medical Clearance after Positive COVID-19 Testing

Dear SUSD Parent or Guardian:

Your child recently tested positive for COVID-19. The American Academy of Pediatrics and the California Interscholastic Federation recommend that athletes who test COVID-19 positive obtain a medical clearance prior to returning to sports participation.

Individuals who test positive for COVID-19 will need to consult with their medical provider prior to returning to sports practice and competition. Your medical provider may implement additional modifications, testing, and/or strategies prior to your child resuming sports.

Date: School Nurse: Phone #:

To be completed by primary medical provider:

This patient has experienced:

MILD COVID-19 Symptoms or Asymptomatic: no symptoms, less than 4 days of fever over 100.4F, less than one week of muscle aches, chills, and/or lethargy.

MODERATE COVID-19 Symptoms: 4 days or more of fever over 100.4 F, more than one week of muscle aches, chills, and lethargy, or a non-ICU hospital stay and no evidence of multisystem inflammatory syndrome in children (MIS-C). See attached AAP algorithm.

SEVERE COVID-19 Symptoms: hospitalization or multisystem inflammatory syndrome in children (MIS-C). AAP recommends exercise restrictions for 3-6 months and a cardiology clearance prior to resuming sports.

PHYSICIAN RECOMMENDATION:

CLEARED to return to sports. They individual can perform normal activities of daily living and does not display cardiac signs/symptoms.

NOT CLEARED to return to sports and the following strategies are recommended.

Modifications:

Physician: Date:

Phone #: Fax #: