

Preuss School UC San Diego Return to Play Policy
For Students with COVID-19 Diagnosis

Parents of students who test positive for COVID-19 are responsible for notifying their healthcare provider of the diagnosis. Once isolation is complete, the physician may recommend a progression back to physical activity. The parent of the athlete is responsible for providing Preuss health office staff, coaches, PE teachers with written documentation of any restrictions or accommodations that will need to be made.

Severity of Illness	Recommendation
No symptoms or mild symptoms	Physician phone or telemedicine visit; in person exam may be needed
Moderate symptoms	In person exam and clearance for exercise may be needed
Severe symptoms	Exercise restriction for 3-6 months; cardiology clearance for training/competition

**For children and adolescents with a history of SARS-CoV-2 infection who have already advanced back to physical activity/sports on their own and do not have any abnormal signs/symptoms, no further workup is necessary. It is recommended that these children and adolescents update their pediatrician's office via a phone call to ensure the history of SARS-CoV-2 infection is added to their medical record.*

To learn more, please visit the [AAP's Interim Guidance on Returning to Sports and Physical Activity](#).

If you have additional questions, please contact your child's primary care doctor.

Medical Provider Resources

Family Health Centers San Diego - Family Health Centers of San Diego's (FHCS) mission has been to provide caring, affordable, high-quality health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons. [Various Locations In San Diego](#)

Family Health Centers Mobile Medical Unit- No insurance required. No appointment required.

Location- 686 Gateway Center Way San Diego, CA 92102 (across the street from Costco)

Hours- Tuesdays and Thursdays 8:30 AM-12 PM, 1 PM-5PM

Phone#- (619)515-2329. No appointment required but the clinic manager requests a phone call the night before or morning of, just in case they have an unexpected closure.

2-1-1- county resource phone number. They can assist with finding a primary care physician over the phone.