



# Department of Public Health

**MAYOR**  
Dee Margo

## HEALTH ADVISORY

**DATE:** September 24, 2020.

### CITY COUNCIL

**District 1**  
Peter Svarzbein

**District 2**  
Alexandra Annello

**District 3**  
Cassandra Hernandez

**District 4**  
Dr. Sam Morgan

**District 5**  
Isabel Salcido

**District 6**  
Claudia L. Rodriguez

**District 7**  
Henry Rivera

**District 8**  
Cissy Lizarraga

**CITY MANAGER**  
Tommy Gonzalez

### REASON FOR THIS ADVISORY:

Complications from COVID-19 in the pediatric population include, among others myocarditis which can lead to death in the young athlete. The City of El Paso Department of Public Health developed a guidance for healthcare providers who treat young athletes to properly clear them to return to play sports in a safe manner using evidence-based recommendations.

The guidance and advisory is posted on the City of El Paso website found at [www.epstrong.org](http://www.epstrong.org)

### EVENT SPECIFIC BACKGROUND:

The SARS-CoV-2 virus, responsible for COVID-19 affects many organ, primarily the respiratory tract, and current evidence suggest that the heart is another organ that is affected causing myocarditis, which can be a life threatening condition in the young athletes returning to play sports.

This guidance incorporates evidence-based recommendations for healthcare providers that treat and clear young athletes that want to return to sports after COVID-19 infection. The guidance is also intended to prevent morbidity and mortality associated to undetected myocarditis as consequence from COVID-19 infection.

### ACTIONS REQUESTED FROM ALL HEALTHCARE PROVIDERS:

- ❖ Every young athlete who had COVID-19 infection must be cleared by a U.S. licensed healthcare provider for return to play sports.
- ❖ Young athletes that suffered Moderate COVID-19 disease, must have an EKG as part of the medical evaluation in the clearance process.

**Angela Mora – Interim Public Health Director**  
Department of Public Health | 5115 El Paso Dr. | El Paso, TX 79905  
O: (915) 212-6564 | Email: [Angela.Mora@elpasotexas.gov](mailto:Angela.Mora@elpasotexas.gov)





# Department of Public Health

---

## **MAYOR**

Dee Margo

---

## **CITY COUNCIL**

### **District 1**

Peter Svarzbein

### **District 2**

Alexsandra Annello

### **District 3**

Cassandra Hernandez

### **District 4**

Dr. Sam Morgan

### **District 5**

Isabel Salcido

### **District 6**

Claudia L. Rodriguez

### **District 7**

Henry Rivera

### **District 8**

Cissy Lizarraga

---

## **CITY MANAGER**

Tommy Gonzalez

- ❖ Young athletes that suffered severe disease, were hospitalized, or had evidence of myocarditis, must not return to sports for 3-6 months and must be cleared by a pediatric cardiologist before returning to practice sports.
- ❖ Young athletes may return to athletic activity through a Return- to Play progression plan supervised by an athletic trainer.

**Angela Mora – Interim Public Health Director**

Department of Public Health | 5115 El Paso Dr. | El Paso, TX 79905

O: (915) 212-6564 | Email: [Angela.Mora@elpasotexas.gov](mailto:Angela.Mora@elpasotexas.gov)



DELIVERING **EXCEPTIONAL** SERVICES