

**June 8, 2020**

## **For Parents: Multisystem Inflammatory Syndrome in Children (MIS-C)**

### **What is multisystem inflammatory syndrome in children?**

Multisystem inflammatory syndrome in children (MIS-C) is a new health condition where different organs of the body can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, and/or gastrointestinal tract. We do not yet know what causes MIS-C. However, many children with MIS-C develop it after having the virus that causes COVID-19 or having been around someone with COVID-19.

MIS-C is a rare condition. Because children with this syndrome may become seriously ill, it is important that parents know the signs and symptoms their children may have so they can get help right away.

### **What are the signs and symptoms of MIS-C?**

Most children have fever (temperature of 100.4 degrees F or 38.0 degrees C or greater) lasting several days, along with other symptoms, including:

- Abdominal pain without another explanation
- Diarrhea
- Vomiting
- Neck pain
- Rash
- Red, cracked lips or red, bumpy tongue that looks like a strawberry
- Swollen hands and feet, which might also be red
- Conjunctivitis (red or pink eyes)
- Poor feeding or appetite
- Feeling extra tired

Be aware that not all children will have all the same symptoms.

### **When should I call my child's doctor or get emergency care?**

Call your child's doctor immediately if your child has a persistent fever plus any of the above symptoms.

Seek emergency care right away if your child is showing any of these emergency warning signs of MIS-C or other concerning signs:

- Trouble breathing
- Pain or pressure in the chest that does not go away
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Severe abdominal pain

### **How will doctors care for my child?**

Doctors may do certain tests to look for inflammation or other signs of disease. These tests might include:

- Blood tests
- Chest x-ray
- Heart ultrasound (echocardiogram)
- Abdominal ultrasound

Doctors may provide supportive care for symptoms (medicine and/or fluids to make your child feel better) and may use various medicines to treat inflammation. Most children who become ill with MIS-C will need to be treated in the hospital. Some will need to be treated in the pediatric intensive care unit (ICU).

### **Is MIS-C contagious?**

MIS-C is not contagious, but it is possible that your child has COVID-19 or another infection that may be contagious.

### **How can I prevent my child from getting MIS-C?**

Based on what we know now about MIS-C, the best way you can protect your child is by taking steps to prevent your child and the entire household from getting the virus that causes COVID-19. Face coverings, hand hygiene, and physical distancing are the best ways to prevent COVID-19. Children with underlying medical conditions can be at higher risk for poor outcomes of COVID-19, making prevention measures even more important.

For additional information, please refer to:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>

<https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID-19-and-Children>

[https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/covid\\_inflammatory\\_condition.aspx](https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/covid_inflammatory_condition.aspx)