

# WHAT PARENTS NEED TO KNOW ABOUT MIS-C



## MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN

### WHAT IS MIS-C?



An inflammatory syndrome is a set of symptoms that occurs when the body's immune system is trying to fight off an infection or injury. A small percentage of children who have, or are recovered from, Coronavirus disease 2019 (COVID-19), are developing a serious condition called Multisystem Inflammatory Syndrome (MIS-C), that causes problems in one or more organ systems and has symptoms that vary. It is being compared to another rare childhood condition, Kawasaki disease, because of some shared symptoms, but it is a different illness.

### WHO CAN GET MIS-C?



As of May 2020, the syndrome is considered rare but serious. Youth, age birth to 21, who have had COVID-19 can be diagnosed with MIS-C. It is not yet known if adults can develop it too. It is possible for kids to have had COVID-19 without showing symptoms. MIS-C itself is not contagious, but if the affected child has an active COVID-19 infection, they may pass the COVID-19 virus on to others which could lead to more cases of MIS-C.

### WHAT ARE SYMPTOMS OF MIS-C?



Children with MIS-C do typically appear sick. Caretakers should carefully watch children for signs that they are "off". It is important to remember that symptoms will be different in each child. Some common symptoms include: Fever lasting 24 hours or more. Being overly sleepy or confused. Stomach pain, vomiting, or diarrhea. Rash or changes in skin color. Some, but not all children will have a cough or trouble breathing.

### WHAT SHOULD I DO IF MY CHILD SHOWS SYMPTOMS?



If you feel your child has symptoms of COVID-19 or MIS-C, the first step is to call your doctor or local hospital to see if the child needs in-person treatment or testing. Parents should not fear going to the pediatrician's office for checkups, vaccines, or if their child is sick. If your child is in severe, immediate distress, call 911 or go to the ER. Healthcare professionals care about your child's health, and are taking extra steps to make sure everyone is safe when they come in for treatment.

### IS MIS-C TREATABLE?



Treatment will be different for each child, and will be focused on support and management of symptoms and preventing complications. Sometimes other types of illnesses will need to be ruled out or verified, including COVID-19, before a diagnosis or treatment for MIS-C occurs. Hospitalization is a usual part of MIS-C diagnosis. Most children recover well from MIS-C when it is caught early and medical advice is followed.

### IS MIS-C PREVENTABLE?



MIS-C itself is not contagious. The best prevention for MIS-C is to prevent COVID-19. It is important to teach kids how to remain safe by: practicing social distancing, washing hands often, getting their temperature taken regularly, letting parents or caregivers know if they feel sick or "off" in any way and using a cloth face covering (please note: face coverings should not be placed on young children under age 2).

FOR MORE INFORMATION PLEASE VISIT:

[covid19.sanantonio.gov](https://covid19.sanantonio.gov)

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