

COVID and Multisystem Inflammatory Syndrome in Children (MIS-C)

What is MIS-C?

Multisystem inflammatory syndrome in children (MIS-C) is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. MIS-C is very rare and the overall incidence was 11.4 cases per 100,000 population. We do not yet know what causes MIS-C. However, we know that many children with MIS-C had the virus that causes COVID-19, or had been around someone with COVID-19. MIS-C can be serious, even deadly, but most children who were diagnosed with this condition have gotten better with medical care.

MIS-C stats in Children:

- Most cases were in children and adolescents between the ages of 1 and 14 years, with an average age of 8 years.
- More than 70% of reported cases have occurred in children who are Hispanic or Latino (554 cases) or Black, Non-Hispanic (499 cases).
- 99% of cases (1,638) tested positive for SARS CoV-2, the virus that causes COVID-19. The remaining 1% were around someone with COVID-19.
- Most children developed MIS-C 2-4 weeks after infection with SARS-CoV-2.



MIS-C Symptoms

Contact your child's doctor, nurse, or clinic right away if your child is showing symptoms of MIS-C:



Fever



Abdominal Pain



Vomiting and/or Diarrhea



Neck Pain



Rash



Bloodshot Eyes



Feeling Extra Tired

BE AWARE THAT NOT ALL CHILDREN WILL HAVE ALL THE SAME 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**
- **Swelling of limbs**

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).

How to Protect Children from COVID-19

To prevent the spread of COVID-19 amongst children and young adults, it is necessary to continue to practice the following prevention methods:

- **Do not gather with members outside your household**
- **Stay home as much as possible**
- **When you go out, wear a mask and practice physical distancing**
- **Children over 2 years old should wear a mask in public**



**FOR GENERAL INFO ABOUT CORONAVIRUS, GO TO [GRHC.ORG/HUB](https://www.grhc.org/hub)
OR CALL THE GRHC CORONAVIRUS HOTLINE AT (520) 550-6079**