

# 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**