

# MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN

## *What You Need to Know*

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### **WHAT IS MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN (MIS-C)?**

Multisystem Inflammatory Syndrome in Children (MIS-C) is a serious health condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs, and is seen in some children who had COVID-19 or were around someone with it. While it is not known who is most at risk for this illness, scientists around the world are working hard to understand it.

### **WHAT ARE THE SYMPTOMS OF MIS-C?**

- fever lasting 24 hours or more
- abdominal pain
- diarrhea
- vomiting
- neck pain
- rash
- bloodshot eyes
- feeling extra tired
- redness or swelling of the lips, tongue, hands, or feet

### **WHAT SHOULD I DO IF I SUSPECT MY CHILD HAS MIS-C?**

Call your pediatrician immediately if you think your child may have MIS-C. Early diagnosis and treatment are critical. Doctors may do tests to look for inflammation or other signs of disease, including blood tests, chest x-ray, heart ultrasound (echocardiogram), and abdominal ultrasound. Most children with MIS-C need treatment in a hospital, and some will need treatment in a pediatric intensive care unit.

### **Seek emergency care right away if your child is showing any emergency warning signs of MIS-C:**

- trouble breathing
- pain or pressure in their chest that does not go away
- confusion
- inability to wake or stay away
- blueish lips or face
- severe abdominal pain

### **HOW CAN I PROTECT MY CHILD FROM DEVELOPING MIS-C?**

The best way to prevent illness is to prevent your child and entire household from getting COVID-19.

- Wash your hands often and help children to do the same
- Teach children to avoid touching their mouth, nose, and eyes
- Continue practicing social distancing with others outside of your home
- Wear a cloth face cover when out in public. Most children can also wear cloth face coverings when in public.

- Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- Cover coughs and sneezes, and wash your hands afterwards. Teach children to do the same.
- Clean and disinfect high-touch surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks
- Wash clothing and other items as needed. Follow manufacturers' instructions, using the warmest appropriate water setting on your washing machine. Remember to include washable plush toys.

20-227, Rev. 7/17/2020

NURSE ON CALL PUBLIC HEALTH INFORMATION  
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