

# Multisystem Inflammatory Syndrome in Children: COVID-19-related complications in children

## What is MIS-C?

**Multisystem inflammatory syndrome in children (MIS-C)** is a new and serious health condition. It is likely related to COVID-19 (coronavirus).

Although the condition is rare, MIS-C can cause children to become very ill. The condition causes dangerous inflammation (swelling) in the body and can lead to problems with the heart or other organs.

Most children are able to recover with treatment. Treatment may require a hospital stay.

## What are the symptoms of MIS-C?

Symptoms of MIS-C include:

- Fever (100.4°F or 38.0°C or higher) that lasts for several days
- Sore throat
- Headache
- Abdominal (stomach) pain
- Vomiting
- Rash
- Conjunctivitis (pink eye)
- Swollen hands and feet

## What causes MIS-C?

The exact cause of MIS-C is not known at this time. MIS-C is not contagious. However, because it appears to be related to COVID-19, it's important to take precautions to prevent COVID-19 exposure. Children aged 2 to 21 are most at risk for this syndrome, especially if they or someone close to them has had COVID-19.

## How is MIS-C diagnosed?

Your healthcare provider will run lab tests to see how the body is functioning, to look for signs of a coronavirus infection, and to exclude other possible health problems. (MIS-C is similar to other serious conditions, such as Kawasaki disease and toxic shock syndrome.) These tests will also help determine treatment.

## How is MIS-C treated?

There is currently no proven or preferred treatment for MIS-C. However, doctors have had good success in treating MIS-C using medications that help reduce swelling, fight infection, and protect vital organs.

Medications include:

- **Corticosteroids** [kor-tuh-koh-STER-oids]: A class of medications that lower inflammation in the body.
- **Anakinra**: Medication to reduce pain and swelling.
- **Intravenous [in-truh-VEE-nuhs] gamma globulin [GLOB-yuh-lin] (IVIG)**: An injection of antibodies to help the immune system fight infection.
- **Aspirin**: Medication that can help lower fever, reduce pain and swelling, and prevent blood clots. (Typically, aspirin is not recommended for use in children younger than 16 years. Use only if directed by your healthcare provider.)

## When should I call my doctor?

Contact your healthcare provider right away if your child has symptoms listed on this fact sheet. Call 911 or go to an emergency room if your child becomes seriously ill.

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