

GUIDANCE FOR MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN (MIS-C) – AUGUST 31, 2020

The West Virginia Department of Health and Human Resources, Bureau for Public Health (BPH) continues to respond to the novel coronavirus disease (COVID-19) in West Virginia. BPH is working closely with communities, state agencies, local and federal partners to monitor the ongoing risk of COVID-19 and ensure the health and protection of all individuals in West Virginia.

This document provides specific guidance on the Multisystem Inflammatory Syndrome (MIS-C) observed in children recently associated with COVID-19 infection.

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

Multisystem inflammatory syndrome in children (MIS-C) associated with COVID-19 infection is a rare, but serious condition in which some parts of the body — such as the heart, blood vessels, kidneys, digestive system, brain, skin or eyes — become inflamed. MIS-C may occur in children mainly between the ages of 2-16 **within four weeks** following COVID-19 exposure. This syndrome is rare, and most children who contract it eventually get better with medical care. However, some children rapidly get worse, to the point where their lives are at risk.

WHAT DO WE NOT KNOW ABOUT MIS-C?

The CDC and scientists around the world are still learning about both COVID-19 and MIS-C associated with it, as well as how it affects children; so we do not know why some children get sick with MIS-C and others do not. Nor do we know if children with certain health conditions are more likely to get MIS-C. These are among the many questions CDC is working to try to understand. Since MIS-C is a rare complication associated with COVID-19, any child with suspected MIS-C should also be evaluated for infectious and non-infectious causes.

IS MIS-C CONTAGIOUS?

MIS-C itself is not contagious, meaning it may not be transmitted from one person to another; however, your child may have active COVID-19 infection during the presentation of the signs and symptoms of MIS-C. Therefore, the hospital may take necessary infection control measures.

WHAT ARE SIGNS AND SYMPTOMS OF MIS-C?

Contact your child's doctor, nurse, or clinic right away if he or she is showing any of the following **signs/symptoms of MIS-C**:

- Persistent fever that lasts 72 hours or longer
- Stomach pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Redness or swelling of the lips and tongue
- Red or pink eyes
- Feeling extra tired
- Redness or swelling of the hands or feet

EMERGENCY WARNING SIGNS OF MIS-C

Immediately seek emergency care 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

WHAT YOUR CHILD'S PHYSICIAN MAY DO

A doctor may order blood and other laboratory tests, as well as additional exams, such as electrocardiography, x-rays, and ultrasound exams to evaluate the condition of your child's heart, lungs, abdominal organs, and other organ systems as necessary.

IS MIS-C TREATABLE?

There is no specific treatment available for MIS-C. However, many supportive treatments are available and administered in a hospital setting to improve the functioning of your child's affected organs.

PREVENTION OF MIS-C

The best way to protect your child from MIS-C associated with COVID-19 infection is to take recommended precautions against getting infected with COVID-19.

If your child is diagnosed with COVID-19, it is important that you have frequent follow-up with your child's health care provider. It is recommended to follow-up within 2-4 weeks of diagnosis.

ADDITIONAL RESOURCES

<https://www.cdc.gov/mis-c/index.html>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/misc-and-covid19-rare-inflammatory-syndrome-in-kids-and-teens>

<https://www.coronavirus.gov/>

<https://www.cdc.gov/mis-c/cdc-response/index.html>

<https://coronavirus.wv.gov>

Questions and concerns can also be directed to the 24/7, toll-free COVID-19 information hotline:

1-800-887-4304