

# Multisystem Inflammatory Syndrome in Children (MIS-C)



**Multisystem inflammatory syndrome in children (MIS-C) is a new health condition believed to be associated with COVID-19, that is impacting a small population of children around the world, and in Louisiana**

From the beginning of the COVID-19 pandemic, children were believed to be relatively untouched by the novel coronavirus. If infected, children often had few symptoms unless an underlying condition compromised their health.

**More recently, hospitals across the United States, including Louisiana, have reported children suffering from Multisystem inflammatory syndrome in children (MIS-C), a new health condition that is believed to be associated with COVID-19.**

The syndrome is appearing in children in Louisiana and elsewhere. MIS-C is like other serious inflammatory conditions such as Kawasaki disease and toxic shock syndrome.

Children with MIS-C can have problems with their heart and other organs and need to receive immediate medical care in a hospital.

MIS-C is a rare condition; however, because children with this syndrome may become seriously ill, **it is important that parents know the signs and symptoms their children may have, so they can get help right away.**



**Children's Hospital**  
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### Signs and symptoms of MIS-C:

- Most children have fever (temperature of 100.4 degrees F or 38.0 degrees C or greater) lasting several days, along with other symptoms, including:
- Irritability or decreased activity
- Abdominal pain without another explanation
- Diarrhea
- Vomiting
- Rash
- Conjunctivitis (red or pink eyes)
- Reduced appetite
- Red, cracked lips or red, bumpy tongue that looks like a strawberry
- Swollen hands and feet, which might also be red



**Parents should call their child's doctor immediately if the child has a persistent fever plus any of the above symptoms.**

The doctor will ask about the symptoms the child has and use that information to recommend next steps. If the child is severely ill, parents should go to the nearest emergency room or call 911 immediately.

### Is MIS-C contagious?

MIS-C is not contagious, but it is possible that your child has COVID-19 or another infection that may be contagious. This is why hospitals will take infection control measures when treating a child.

### Is there a treatment for MIS-C?

Currently, children with MIS-C are being treated with different therapies, including medications targeted at the body's immune system and inflammatory response. Children may receive other medications to protect their heart, kidneys and other organs.

### How can I prevent my child from getting MIS-C?

You should take steps to prevent your child from being exposed to COVID-19. Face coverings, hand hygiene and social distancing are the best ways to prevent COVID-19. Children with underlying medical conditions can be at higher risk for poor outcomes of COVID-19, making prevention measures even more important.

**Visit [chnola.org/school-wellness](https://chnola.org/school-wellness) for additional COVID-19 resources for parents and kids.**

