How to spot symptoms of MIS-C, a rare condition in children exposed to COVID-19

WHAT WE KNOW ABOUT MIS-C

Multi-system Inflammatory Syndrome in Children (MIS-C) occurs as multiple organ systems become inflamed. Many signs of MIS-C seem mild or vague, but can progress rapidly. MIS-C is associated with COVID-19, cases have been reported in areas where COVID-19 is most prevalent; appearing several weeks after exposure. This is a post-infectious, hyper-inflammatory response to past SARS-CoV-2 exposure, not associated with the acute viral COVID-19 infection. **Caregivers may not even realize their child had COVID-19.**

MAINTAIN A HIGH DEGREE OF SUSPICION FOR MIS-C

Ask if the child was exposed to COVID-19, or had any contact with a sick person. The presentation varies widely. Some children may experience severe illness - they usually decompensate rapidly, requiring prompt critical care. Consider MIS-C if any child presents with FEVER (>100.4) for $\geq$ 24 hours with involvement of **at least two** of the following organ systems:

- ☐ Gastrointestinal (GI)
- ☐ Dermatologic
- ☐ Respiratory
- ☐ Neurologic
- ☐ Hematologic - Lymphatic
- ☐ Cardiac
- ☐ Renal

SYMPTOMS MAY INCLUDE ANY OF THE FOLLOWING:

- ☐ Abdominal pain (most common complaint)
- ☐ Fatigue (irritability or sluggishness)
- ☐ Poor appetite/difficulty feeding, too sick to drink fluids
- ☐ Nausea (with or without vomiting/diarrhea)
- ☐ Rash anywhere on the body
- ☐ Conjunctivitis or bloodshot eyes

- ☐ Pharyngitis (red, swollen or sore throat)
- ☐ Enlarged lymph nodes on the neck - (may be described as "neck pain")
- ☐ Red or cracked lips
- ☐ Red (strawberry) tongue
- ☐ Swollen or red hands or feet

 Vital signs – are VITAL for all children, especially those with fever and concern for MIS-C. Acquire a full set of accurate vital signs – BP, HR, RR – repeat the measures. Look for evidence of shock: altered mental status, tachycardia, hypotension and/or tachypnea. Some children decompensate quickly.

INCREASED SUSPICION FOR SYNDROME PROGRESSION IF:

- Known COVID exposure or COVID + test result, especially a few weeks ago
- Tachycardia, hypotension, or elevated respiratory rate
- Chest pain with MIS-C signs/symptoms - increased concern for serious consequences and possible cardiac involvement. EKG may/may not demonstrate changes.

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