

WHAT CAREGIVERS NEED TO KNOW:

Multisystem Inflammatory Syndrome in Children (MIS-C) associated with COVID-19



MIS-C causes body parts to become inflamed; including the heart, lungs, kidneys, brain, skin, eyes and/or gastrointestinal (digestive) organs. Most children with this syndrome had [COVID-19](#) or were around someone with COVID-19 a few weeks before developing MIS-C symptoms.

Children often have few or mild symptoms of COVID-19, making it challenging to know they were infected with the virus. MIS-C develops a few weeks later, and for most children is the first time they appear ill. MIS-C can be serious, even deadly, but most children diagnosed get better with medical care.

When to call a doctor

Contact your child's doctor, nurse, or clinic right away if they have a **fever and any of the following signs:**

- Abdominal pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Bloodshot eyes
- Feeling extra tired

When to seek emergency care

Seek emergency care right away if your child is showing any emergency warning signs:

- Trouble breathing or shortness of breath
- Pain or pressure in the chest that doesn't go away
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Severe abdominal pain



Children may only have a few symptoms. Not all children have the same symptoms.

What to expect if your child is suspected to have MIS-C

Doctors may do certain tests (like blood tests, chest x-rays, or ultrasounds) to look for inflammation or signs of disease. Doctors may provide supportive care (medicine and/or fluids to make your child feel better) and medications to decrease inflammation.

Most children who become ill with MIS-C will need to be treated in the hospital, and often in the Intensive Care Unit. Health care providers will follow CDC guidelines to keep children and their caregivers safe if an in-person visit or hospitalization is needed.

Children diagnosed with MIS-C will have many follow up appointments while they recover. It is important to keep all follow up appointments after being treated for MIS-C.

How to protect your child from MIS-C

Based on what we know about MIS-C, the best way to protect your child is by taking everyday actions to prevent your child and the entire household from getting COVID-19.

- Get vaccinated when able (ages 16+)
- Wear a mask around others
- Avoid close contact with others
- Wash hands often
- Clean and disinfect often
- Limit travel

Resources for caregivers

- [MIS-C information for parents sheet](#)
- [Michigan.gov/MISCChildren](https://www.michigan.gov/MISCChildren)



Tools to investigate MIS-C

- Admission to the hospital
- Blood tests
- Chest x-rays
- Ultrasounds (heart and abdomen)
- Imaging (e.g., MRI of the heart)
- EKG (to evaluate heart rhythm)

Tools to care for children with MIS-C

There is no specific treatment for MIS-C. Based on the child's illness doctors will use treatments like:

- Supportive care
 - Medicine
 - Fluids (like IV)
- Medications to treat inflammation
- For children with severe heart or lung illness, more intense treatments are available