

How to spot symptoms of MIS-C, a rare condition in children exposed to COVID-19 (UPDATED 11.25.2020)



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 the illness can progress rapidly. The presentation varies widely among patients. MIS-C is currently associated with COVID-19, and cases are on the rise in areas where COVID-19 has been most prevalent. It typically appears several weeks after exposure - caregivers may not be aware that the child had or was exposed to COVID-19.

MAINTAIN A HIGH DEGREE OF SUSPICION FOR MIS-C

Ask if the child was exposed to COVID-19 or has had any contact with a sick person who has symptoms consistent with COVID-19. Not all children will have the same symptoms, and some may experience severe illness that requires prompt critical care services. **Consider MIS-C if any child presents with FEVER (>100.4) for >24 hours accompanied by any of the following symptoms:**

- 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 (pale, patchy or blueish)
- Conjunctivitis or bloodshot eyes
- Pharyngitis (red, swollen or sore throat)
- Enlarged lymph nodes on the neck - can be one-sided (may be described as "neck pain")
- Red or cracked lips
- Red (strawberry) tongue
- Swollen or red hands or feet

Vital signs are critical to obtain for any child seen with the above symptoms. Acquire a full set of accurate vital signs – BP, HR, RR, Temperature, Pulse Oximetry-- repeat the measures frequently if abnormal.

SIGNS OF MIS-C WITH SHOCK AND/OR IMPENDING DECOMPENSATION

- Trouble breathing or very rapid breathing
- Pain or pressure in the chest that does not go away - racing heart
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Severe abdominal pain

INCREASED SUSPICION FOR MIS-C Requiring critical care services:

- Fever lasting several days
- Child was seen by healthcare provider before this EMS call and sent home (multiple visits)
- Known COVID exposure – especially if it was between 2-8 weeks prior to presentation
- Pre-teens and teens with MIS-C signs/symptoms
- Tachycardia, hypotension, decreased pulse oximetry, or elevated respiratory rate
- Chest pain with MIS-C signs/symptoms
 - Increased concern for serious consequences of MIS-C and cardiac involvement
 - Get an EKG – likely to demonstrate EKG changes (indicates need for workup immediately)