



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/coronavirus

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

Information for Parents: COVID-19 and Children

Children of all ages can be infected with COVID-19, but most kids who are infected typically don't become as sick as adults and some children who have been infected with COVID-19 may not have any signs or symptoms of the illness. However, in rare cases, children and some teens may develop a serious inflammatory syndrome called Multisystem Inflammatory Syndrome in Children (MIS-C) following infection with SARS-CoV-2, the virus that causes COVID-19.

What is MIS-C?

We are still learning about MIS-C, a serious, even deadly, condition that can cause the heart, blood vessels, kidneys, digestive system, brain, skin or eyes to become inflamed.

What are the signs and symptoms of MIS-C that parents should watch for?

It is important for parents to be aware of the signs and symptoms of MIS-C so they can seek treatment quickly -- whether their child is currently infected with COVID-19, recovered from COVID-19 or may not have had any symptoms from a COVID-19 infection.

The signs and symptoms of MIS-C following a COVID-19 exposure may include:

- Fever that lasts 24 hours or longer
- Vomiting
- Diarrhea
- Pain in the stomach
- Skin rash on any part of the body
- Red or bloodshot eyes
- Redness or swelling of the lips and tongue
- Feeling extra tired
- Redness, swelling and/or bluish color of the hands or feet that may look like frostbite
- Neck Pain

Contact your child's doctor right away if they have any of the above symptoms.

This document was created 09/15/2020 using information and guidance available to-date and is subject to change per emerging guidance.



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/coronavirus

Emergency warning signs of MIS-C that require immediate attention include:

- Trouble breathing
- 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, uncontrollable nausea and vomiting

Seek emergency care right away -- take your child to the nearest emergency department or call 911 or your local emergency number if they have any of the emergency warning signs above, or any other concerning signs. Trust your parental instincts and always make decisions about COVID-19 and your child using an abundance of caution!

How do doctors treat MIS-C in children?

If your child experiences any of the signs or symptoms of MIS-C, doctors may do tests to look for inflammation or other signs of the disease. Some of these tests may include:

- Blood tests
- Chest x-rays
- Heart ultrasound (echocardiogram – ECG)
- Abdominal ultrasound

Most children who have confirmed MIS-C will be treated in the hospital, and in more serious cases, treatment may be in a pediatric intensive care unit (PICU). Care in the hospital may include medicine or therapies to target the immune system and decrease inflammation.

How can you protect your child?

The best way to protect your child is by doing those everyday things we know prevent your child and your household from getting the virus that causes COVID-19.

- **Keep hands clean.** Washing hands often with soap and water for at least 20 seconds or use hand sanitizer that contains at least 60% alcohol.

This document was created 09/15/2020 using information and guidance available to-date and is subject to change per emerging guidance.



2019 Novel Coronavirus [COVID-19]

phd3.idaho.gov/coronavirus

- **Avoid people who are sick.** Avoid anyone who is coughing, sneezing or showing signs and symptoms that they might be sick.
- **Practice social distancing.** You and your child should stay at least 6 ft. from other people who live outside of your home.
- **Wear cloth face masks in public.** When it's difficult to practice social distancing both you and your child (above 2 years and older) should wear face mask to cover the nose and mouth. *Southwest District Health recommends wearing a cloth face mask in public when the [Health Alert Risk level](#) is at an Orange or Red.* Masks should be washed daily using soap and warm water.
- **Clean and disinfect high-touch surfaces every day.** Clean areas of your home such as doorknobs, light switches, remotes, countertops, sinks, toilets, etc. with a disinfecting wipe or cleaner that is labeled to kill CORONA-type viruses.

Sources:

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/mis-c-in-children-covid-19/art-20486809>



SERVING ADAMS - CANYON - GEM - OWYHEE - PAYETTE - WASHINGTON COUNTIES

For current COVID-19 information visit <https://phd3.idaho.gov/coronavirus/>. The COVID-19 Hotline is available Monday-Friday 8:00 AM-5:00 PM (208) 455-5411

This document was created 09/15/2020 using information and guidance available to-date and is subject to change per emerging guidance.