

# Multisystem Inflammatory Syndrome in Children

Multisystem Inflammatory Syndrome in Children (MIS-C) has been reported in children and adults less than 21 years of age. It is characterized by a varied yet significant inflammatory response in individuals previously infected with COVID-19 asymptotically. This document will outline important information physical therapists, physical therapist assistants, and healthcare professionals should consider when identifying and assessing and treating patients during the COVID-19 pandemic. **Be Aware:** Not all children will have all the same symptoms.

## Common signs of MIS-C<sup>1</sup>:

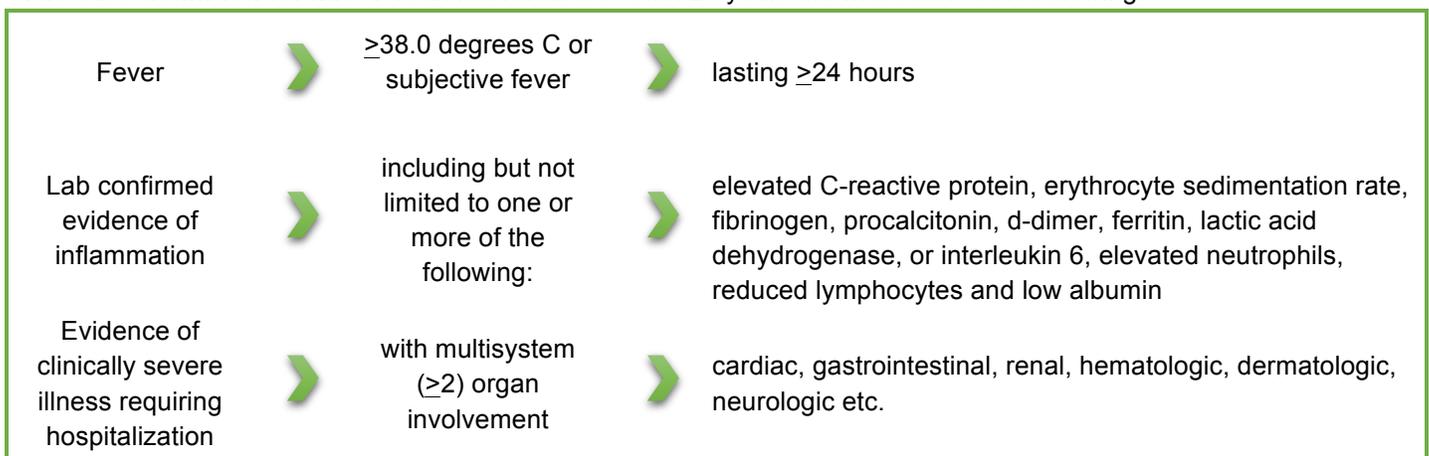
- Fatigue
- Abdominal pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Bloodshot eyes

## Signs the child should seek emergency care due to MIS-C<sup>1</sup>:

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

The CDC has issued a health advisory regarding this condition.

The case definition for MIS-C is an individual less than 21 years old with each of the following:<sup>2</sup>



AND

No alternative plausible diagnosis

AND



## References

1. Center for Disease Control and Prevention. For parents: multisystem inflammatory syndrome in children (MIS-C) associated with COVID-19. Updated May 20, 2020. Accessed August 24, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children/mis-c.html>.

2. Center for Disease Control and Prevention. Multisystem inflammatory syndrome in children (mis-c) associated with coronavirus disease 2019 (COVID-19). Updated May 14, 2020. Accessed August 24, 2020. <https://emergency.cdc.gov/han/2020/han00432.asp>.
3. Hennon TR, Penque MD, Abdul-Aziz R, et al. COVID-19 associated multisystem inflammatory syndrome in children (MIS-C) guidelines; a Western New York approach. *Prog Pediatr Cardiol.* 2020;101232. doi:10.1016/j.ppedcard.2020.101232.

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