

WHAT'S MIS-C?

(MULTISYSTEM INFLAMMATORY SYNDROME IN CHILDREN)

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There is a complication of *COVID-19* in which many organ systems are sickened by inflammation. The average age seems to be about age ten. It seems to occur three to four weeks after a "wave" of *COVID-19* has swept through a community. The current number of children and teenagers who developed this serious complication of *COVID-19* infection is unknown, but it appears to be quite low. To date, we have not had a child or teen develop *MIS-C* in our practice.

What does Post-infectious mean?

Because there is a lag between *COVID-19* infection and the onset of *MIS-C*, we think of syndrome as post-infectious. That means that the coronavirus has triggered an extremely abnormal immune response which continues after the infection.

Will our doctors recognize it if we see it?

Yes! We have all been well trained to recognize a similar syndrome in children called Kawasaki disease. We know that with early treatment most *MIS-C* children will recover. The treatment is similar to that of Kawasaki but may require more supportive care in a Pediatric Intensive Care Unit. Early diagnosis is key.

How is it Diagnosed?

- Age 19 or younger (per WHO) or age 21 (per CDC)
- Recent (past month) or current *COVID-19* infection.
- Fever for 3 days or longer (per WHO)
(fever one day or longer per CDC)
- Severe illness requiring hospitalization.
- At least two organ systems affected:
heart, kidney, lungs, skin, brain, blood, or intestinal
- Lab tests show extreme inflammation
- Other causes have been ruled out.

So what symptoms should I look for?

- Vomiting, Diarrhea, Pain in the stomach
- Skin rash
- Red eyes, Redness or swelling of the lips and tongue
- Redness or swelling of the hands or feet
- Feeling unusually tired

We want parents to be aware of *MIS-C* but not overly fearful. *MIS-C* does not change our feeling that most children with *COVID-19* will do very well. To date, we have seen all of our patients recover. Most children who develop *MIS-C* will recover as well with good care. Handwashing, facemask, social distance, etc. remain so important. Be informed, but keep the news reports in perspective.

