



## Multisystem Inflammatory Syndrome in Children (MIS-C)

### Definition:

Multisystem Inflammatory Syndrome in Children (MIS-C) is a rare condition associated with SARS-CoV-2 (the virus that causes COVID-19), that usually occurs 2-6 weeks after infection with SARS-CoV-2. MIS-C causes different body parts to become inflamed. MIS-C can be serious and even deadly, but most children who are diagnosed get better with medical care.

### Symptoms:

Children with MIS-C commonly have ongoing fever, abdominal pain, neck pain, bloodshot eyes, tiredness, diarrhea, skin rash and vomiting. Not all children with MIS-C will have all of these symptoms. Children should be evaluated by a medical provider immediately if these symptoms appear, especially in a child who had, or was exposed to someone with, COVID-19 within the prior 2-6 weeks.

### Causes of MIS-C:

MIS-C is associated with SARS-CoV-2 (the virus that causes COVID-19). In MIS-C cases, the child's SARS-CoV-2 infection may be very mild or asymptomatic. We are still learning the underlying reasons why some children get MIS-C after SARS-CoV-2 infection and others do not.

### Diagnosis:

A diagnosis of MIS-C can only be made by a clinician. MIS-C is diagnosed after an examination by a health care provider using a combination of clinical symptoms, laboratory tests, and imaging.

### Role of the School Nurse:

#### Prevention

- Maintaining accurate and up to date vaccine records for students and staff
- Recommending vaccines to students' parents or staff members as needed
- Encouraging excellent hand hygiene practices within the school
- Encouraging sick students and staff to stay home
- Encouraging students and staff to avoid close contact with sick people
- Using a disinfectant cleaning product within the school

### Treatment Recommendations

There is no specific treatment for MIS-C, but health care providers may provide supportive care such as medicines and fluids, along with various medicines to treat inflammation, such as steroids. Most children who become ill with MIS-C will need to be treated in the hospital.

### Exclusions

It is not recommended to exclude any children with MIS-C from school or school related activities once they have been cleared to return by their health care provider. There are no exclusion recommendations for contacts of children with MIS-C.

### Reporting Requirements

MIS-C is considered an unusual illness of infectious cause and should be reported immediately upon recognition or strong suspicion of disease.

### Resources:

- Maine CDC: <http://www.maine.gov/dhhs/MIS-C>
- US CDC: <https://www.cdc.gov/mis>