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What is MIS?

Multisystem Inflammatory Syndrome (MIS) is a rare but serious condition associated with SARS-CoV-2 infection (the virus that causes COVID-19). The condition results in different body parts becoming inflamed, including the heart, lungs, kidneys, brain, skin, eyes, stomach, or intestines. MIS can affect children, and this is known as Multisystem Inflammatory Syndrome in Children (MIS-C).

Who gets MIS?

MIS is seen in children and adults after recent infection with SARS-CoV-2 (the virus that causes COVID-19), typically within the previous 2-6 weeks. The exact reason that some people get MIS after having COVID-19 is not yet known.

How is MIS spread?

MIS is not contagious. It is a rare inflammatory condition that can occur after SARS-CoV-2 infection.

What are the symptoms of MIS?

Symptoms include an ongoing fever and more than one of the following:

- Stomach pain
- Bloodshot eyes
- Diarrhea
- Dizziness or lightheadedness (signs of low blood pressure)
- Skin rash
- Vomiting

Not all people will have the same symptoms. Children may not have all of the symptoms listed.

If anyone is showing any of the following signs, **seek emergency medical care immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

How soon after exposure do symptoms appear?

Symptoms of MIS can appear weeks after infection with SARS-CoV-2. Typically, MIS symptoms appear within two to six weeks after infection.

How is MIS diagnosed?

Because MIS symptoms are similar to many other diseases, testing is needed for a diagnosis. Testing can involve multiple types of tests such as blood tests, x-rays, or other types of evaluations.

What is the treatment for MIS?

The treatment available to patients with MIS is given by a healthcare provider in a hospital setting. Treatment for MIS is similar to other inflammatory conditions. Treatment might include medicine for symptoms and medicine to treat inflammation. Antiviral medicines do not help patients with MIS. This is because their illness is caused by inflammation that occurs after SARS-CoV-2 infection, and not by the virus itself.

Most children with MIS-C get better quickly and do not have long-term health issues.

How can MIS be prevented?

The best way to prevent MIS is to take actions to protect yourself from getting COVID-19. This includes staying up to date with COVID-19 vaccines, washing hands with soap and water (or using hand sanitizer if soap and water are not available), not touching your face and eyes, and staying away from people who have COVID-19.

How can I learn more about MIS?

- If you have concerns about MIS-C, contact your healthcare provider.
- Contact your local health department. You can find your local health department at vdh.virginia.gov/health-department-locator/.
- Visit the CDC page on MIS-C at cdc.gov/mis/about/index.html and the CDC page on COVID-19 at cdc.gov/covid/index.html

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