



MONTGOMERY COUNTY FIRE AND RESCUE SERVICE

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TO: All Credentialed MCFRS ALS Clinicians

FROM: Roger M. Stone MD, MS
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SUBJECT: Multisystem Inflammatory Syndrome in Children (MIS-C) Associated with
Coronavirus Disease 2019 (COVID-19)

After numerous accounts began to surface in the lay press earlier in May about a mysterious new illness in eight British children and 64 children across this country, it is timely for me to bring to your attention more details of this evolving syndrome.

On or about May 7 additional lay articles reported 85 known cases across the country, and the New York City health department had released an alert of their own about 15 cases:

<https://www1.nyc.gov/assets/doh/downloads/pdf/han/alert/2020/covid-19-pediatric-multi-system-inflammatory-syndrome.pdf>

<https://www.nbcnews.com/health/health-news/least-85-kids-across-u-s-have-developed-rare-mysterious-n1202186>

On May 14, the CDC weighed in and named this phenomenon **Multisystem Inflammatory Syndrome in Children (MIS-C)**: <https://emergency.cdc.gov/han/2020/han00432.asp>

The syndrome is different from COVID-19 in the following ways:

- It affects children and very young adults
- Onset can be seen as much as a month after COVID-19 infection or exposure
- It does not necessarily either start out as a respiratory illness or manifest as a viral syndrome
- It is primarily an inflammatory condition causing a spectrum of critical disease ending in attack on multiple organ systems. The clinical features are wholly or in part reminiscent of rare disorders such as Kawasaki's disease or that seen in toxic shock syndrome, which are largely due to an overwhelming immune response
- Although a clear association exists with SARS-CoV-2 through testing, contact tracing or serology, it has not yet been proven that it is the only triggering pathogen for MIS-C

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Because very few children have actually succumbed to COVID-19 and many with the disease remained asymptomatic and/or were never tested, EMS clinicians should be on the lookout for sick children who have had a fever that is persistent over a day and have some sort of an epidemiological link to COVID-19 within the past month. They may be reported as getting worse rapidly. Physical assessment findings that may be helpful include atypical skin or mucous membrane findings, hypotension and altered mental status.

Clinicians are encouraged to report any suspicion of the above to the receiving facility.