Caregiving in the Era of COVID-19: What to Do When You or Your Child Gets Sick
June 30, 2020

Most children who are sick with COVID-19 will have mild cases. However, some children and youth may develop a rare complication that can impact young people who have had COVID-19. It is called Multisystem Inflammatory Syndrome in Children (MIS-C). Children/youth who develop this will need to be hospitalized for treatment. Not all children who develop MIS-C will have had symptoms of COVID-19, and some may have had symptoms weeks earlier.

While rare, it is important that parents and caregivers know to look for the following symptoms:

- Persistent fever lasting longer than 24 hours
- Exhaustion, feeling very tired
- Stomach pain
- Diarrhea
- Nausea
- Rash
- Conjunctivitis (red or bloodshot eyes)
- Neck pain

Contact your doctor right away if your child has any of these symptoms.

If your child has the following severe symptoms, seek emergency care:

- Trouble breathing
- Chest pain or pressure
- Bluish lips or face
- Severe abdominal pain
- Confusion
- Inability to stay awake or wake up

If you don’t have a doctor, contact the Community Health Access Program (CHAP) to find a dentist, doctor or nurse and quality health care you can afford. It’s a free service and interpreters are available.

- Phone: 1-800-756-5437
- Email: CHAP@kingcounty.gov
- Web: www.kingcounty.gov/CHAP

Learn more from the CDC including information translated into Spanish, Korean, Vietnamese and Chinese.