

COVID-19 is a viral infection that may cause symptoms like the common cold. Most parents and children have mild symptoms and recover on their own, but it is important to be aware of severe complications, and to monitor your child closely for worsening symptoms.

**Multisystem Inflammatory Syndrome in Children (MIS-C)** is a delayed reaction to COVID-19 infection that is seen in children. It appears 2 to 6 weeks after the child has been exposed to COVID-19. MIS-C occurs as the child's immune system peaks, leading to high fever and inflammation. This fever may cause vomiting and diarrhea alone, or with a rash.

**The worst outcome, which is rare, is heart inflammation – which can lead to shock.**

MILD: Cold or flu-like symptoms without a fever			
SYMPTOMS	Runny or stuffy nose	Take frequent temperature checks.	TREATMENT
	Sore throat	Monitor child closely for any changes in condition.	
	Cough	Encourage the child to rest and drink lots of fluids.	
	Change in sense of smell	Ask your child's physician about over-the-counter fever reducers to have on hand in case a fever develops.	
	Muscle pain		
	Headache	Ask your child's physician if you should make an appointment to have your child tested for COVID-19.	
	Fatigue or Malaise		

MODERATE: Cold or flu-like symptoms with a fever that can be reduced with over-the-counter fever reducers like ibuprofen and acetaminophen (no aspirin) that are safe for use in children			
SYMPTOMS	<b>Fever:</b> Oral temperature (under the tongue) of 100.4° F (38° C) is considered a fever in children; 99.5° F (37.5° C) is considered a fever in infants. If you do not have a thermometer available, you can distinguish some signs of fever. Signs include: Fussiness, increased thirst, decreased hunger, lower activity levels, less talkative, and the child or infant may feel warm to the touch.	Contact your child's physician, describe your child's symptoms.	TREATMENT
		The physician may direct you to bring the child in for a visit or may recommend taking the child to the emergency room or urgent care.	

SEVERE: Severe cold or flu-like symptoms with a fever or signs of MIS-C			
SYMPTOMS	Behavioral changes (irritability or mood changes)	<p>If your child is experiencing symptoms that fall into this category, they will likely require medical attention. <b>Your child should be taken to a pediatric emergency room or the closest hospital emergency room.</b></p> <p>If your child is experiencing <u>any</u> of the following symptoms, it is recommended you call 911:</p> <ul style="list-style-type: none"> <li>• <b>Trouble breathing</b></li> <li>• <b>Acting strange/disoriented/less alert/unconscious</b></li> <li>• <b>Unable to speak or respond to questions</b></li> <li>• <b>Skin or lips that are blue, gray, or purple in appearance</b></li> <li>• <b>A suddenly spreading purple or red rash</b></li> <li>• <b>Seizure (rhythmic jerking of the legs and a loss of consciousness)</b></li> <li>• <b>Chest pain or pressure</b></li> </ul>	TREATMENT
	Rash		
	Bloodshot eyes		
	Diarrhea		
	Vomiting		
	Severe stomach pain		
	Chest pain or pressure		
	Blue or white face, fingers, or toes		
	Difficulty breathing		
	Inability to stay awake		
	Slurred speech		
	Seizures (new onset or seizures that won't stop)		

# COVID-19 Pediatric Symptom Severity Chart and Parental Guide

**For more information regarding children with COVID-19 visit:**

<https://riseandshine.childrensnational.org/coronavirus/?ga=2.240209859.1369509836.1594923301-620827878.1594923301>  
<https://healthychildren.org/English/health-issues/conditions/COVID-19/Pages/2019-Novel-Coronavirus.aspx>  
[https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Findex.html](https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Findex.html)

## Resources used to create this chart:

Centers for Disease Control and Prevention Phone Advice Line Tools: <https://www.cdc.gov/coronavirus/2019-ncov/phone-guide/phone-guide-H.pdf>

2019 Novel Coronavirus (COVID-19), June 26, 2020. Retrieved July 15, 2020, from: <https://healthychildren.org/English/health-issues/conditions/COVID-19/Pages/2019-Novel-Coronavirus.aspx>

Fever in Children, Stanford Children's Health. (n.d.). Retrieved July 15, 2020, from: <https://www.stanfordchildrens.org/en/topic/default?id=fever-in-children-90-P02512>

Shu, J., May 30, 2020, Is It OK to Call My Pediatrician During COVID-19? Retrieved July 15, 2020, from: <https://healthychildren.org/English/tips-tools/ask-the-pediatrician/Pages/Is-it-OK-to-call-the-pediatrician-during-COVID-19-even-if-Im-not-sure-my-child-is-sick.aspx>

When to Call Emergency Medical Services, September 30, 2019. Retrieved July 15, 2020, from: <https://healthychildren.org/English/health-issues/injuries-emergencies/Pages/When-to-Call-Emergency-Medical-Services-EMS.aspx>

Villines, Z., and Goodwin, M., June 7, 2020. COVID-19 What to Know About COVID-19 Symptoms in Children Retrieved July 15, 2020, from: <https://www.medicalnewstoday.com/articles/covid-19-symptoms-in-kids>

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