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July 10, 2020

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First Case of Multisystem Inflammatory Syndrome in Children Reported in Rappahannock Area Health District

(Fredericksburg, Virginia) -- The Rappahannock Area Health District has confirmed a case of Multisystem Inflammatory Syndrome in Children (MIS-C) associated with COVID-19. The child has recovered. To protect privacy, no other patient information will be disclosed.

MIS-C, previously called Pediatric Multisystem Inflammatory Syndrome, is a new health condition associated with COVID-19. The first reports of this syndrome came from the United Kingdom in late April. U.S. cases were first reported in New York City in early May.

MIS-C may cause problems with a child's heart and other organs. Most children with MIS-C have fever lasting several days and may show symptoms of irritability or decreased activity, abdominal pain without another explanation, diarrhea, vomiting, rash, conjunctivitis, lack of appetite, red or cracked lips, red or bumpy tongue, or swollen hands and feet. Not all children with MIS-C have the same symptoms. Call your doctor immediately if your child becomes ill and has a continued fever or any of these symptoms.

Virginia Health Commissioner M. Norman Oliver, M.D., M.A., provided information and guidance on the syndrome to health care providers in Virginia in a [May 15 Clinician Letter](#).

"I urge all local health care providers to immediately report any patient who meets these criteria to the local health department," said Rappahannock Area Health District Director Dr. Donald Stern. "Unfortunately, this serves as a reminder that much of our community remains susceptible to this disease. Until a vaccine is identified, it is extremely important that everyone remain vigilant to prevent the spread of COVID-19 by practicing social distancing, frequent hand washing and wearing cloth face coverings as appropriate." (Face coverings are not recommended for children under the age of two.)

"This case was identified after the fact, based on new information that is available concerning this syndrome," Dr. Stern continued. "COVID-19 is a novel virus, which means that our understanding of this disease as a scientific community is constantly growing. Identifying this case adds to our knowledge of the spectrum of COVID-19 related disease."

The Centers for Disease Control and Prevention issued a [Health Advisory](#) on May 14 about MIS-C. With community spread of COVID-19 throughout the Commonwealth, people of any age, race and gender are at risk for infection, severe illness and even death. Visit the CDC website for more information about [COVID-19](#) and [MIS-C](#).

This represents the 7th case of MIS-C in Virginia, and there have been no MIS-C related deaths reported so far in the Commonwealth. Cases of MIS-C in Virginia are reported on the VDH website at www.vdh.virginia.gov/coronavirus. This case will be added to the data, which is updated daily.

For more information, visit www.vdh.virginia.gov/coronavirus or www.cdc.gov/mis-c/.