

Kawasaki disease

Kawasaki disease is a condition which causes inflammation (swelling) of blood vessels including the coronary arteries, which supply the heart muscle. In the UK it affects about 8 in 100,000 children under the age of 5. The cause of Kawasaki disease is unknown. It is most likely due to a combination of factors. Some children might be more likely to get it because of their family's medical history. Environmental factors such as infections and the way a child's body reacts to that infection, are also contributing factors.

Before and during hospital

Symptoms of Kawasaki disease	Possible treatments
<ul style="list-style-type: none"> • High temperature (fever) • Bloodshot eyes • Dry, red lips • Red rash • Peeling skin on fingertips and toes • Swollen neck lymph glands 	<ul style="list-style-type: none"> • Intravenous (IV) treatments to reduce inflammation: <ul style="list-style-type: none"> • immunoglobulin (IVIG) • steroids • Oral treatments to reduce inflammation: <ul style="list-style-type: none"> • steroids (prednisolone) • high-dose aspirin (should be taken with food) • Treatment to reduce risk of blood clots <ul style="list-style-type: none"> • low-dose aspirin (taken with food). This is usually taken for at least 6 weeks

After leaving hospital

Common physical issues which improve over time

- Difficulty concentrating
- Mood swings
- Trouble sleeping
- Rashes or skin peeling
- Muscle weakness and tiredness

Contact your GP or go to your nearest emergency department (A&E) as soon as possible, if your child has any of these symptoms:

- a persistent high temperature (fever)
- red, bloodshot eyes
- dry, red lips
- strawberry-red tongue
- widespread red rash and swelling of fingers and toes

Follow-up appointments

Every child with Kawasaki disease needs follow-up appointments. This will usually be a joint appointment with the infectious diseases and cardiology teams. The appointments might be remote (on the phone) or in person (face-to-face). At these appointments your child will have an echocardiogram (echo), an electrocardiogram (ECG) to look at their heart, and they might need blood tests. Sometimes, more detailed cardiac tests, such as CT or MRI scans are needed, but this will be discussed in clinic.

Kawasaki disease and vaccinations

For most children it is important to have vaccinations when they are offered. It is best to wait at least 3 months before having any live vaccines (such as MMR, chicken pox and yellow fever). We will give you and your GP specific guidance if other vaccines are due in the next 3 months. If you are not sure, please ask us.

Flu vaccines come in different types: active and inactive. The type of flu vaccine your child will need will be discussed with you by a member of the team. This depends on the medicine your child is currently taking and the treatment they received.

Going back to school

They can go back to school. However, many children are tired after being in hospital. In these cases it is a good idea to slowly build up their return to school.

It's normal to have good days and bad days. We expect most children will have returned to school full time by their 6-week follow-up appointment. If you need any documentation with an explanation for their school, please let us know.

Shielding (isolation)

There is no need to isolate or shield after having Kawasaki disease. Your child is not infectious to others, and not at risk from them.

How to help your child

- Make sure they takes all medicines as prescribed.
- Make sure they come to all their follow-up appointments.
- Follow the vaccination advice above (some vaccines should be delayed).

If your child develops chickenpox while taking aspirin, contact us, **phone** 07598 552683, Monday to Friday, 9am to 5pm. Out of hours, contact NHS 111.

Contact us

If you have any questions or concerns about Kawasaki disease please contact our infectious diseases nurse, **email** evelinakdpims@gstt.nhs.uk, **mobile** 07598 552683, or our secretary, **phone** 020 7188 4679, Monday to Friday, 9am to 5pm. Out of hours, please contact NHS111.

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit **web** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** letstalkmedicines@gstt.nhs.uk

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