PANS/PANDAS is a clinical condition defined by acute onset of OCD and/or severe eating restrictions and at least two concurrent cognitive, behavioral, or neurological symptoms. PANDAS is a subset of PANS.

- PANS is a CLINICAL diagnosis.
- There is NOT just one blood test.
- You DO NOT have to have strep to have PANS.
- You DO NOT have to have an infection.
- You DO NOT have to have tics.
- You DO NOT have to have every symptom.
- There is NO age requirement.
- Severity differs from child to child.
- Severity differs from flare to flare.