

## Mononucleosis (Infectious)

Cause: Epstein-Barr Virus

Symptoms: Young children usually have no symptoms. Fever, sore throat, swollen glands (especially behind neck), headache and tiredness. There may be a rash. Young adults may have jaundice (yellowing of skin or eyes) and an enlarged spleen.

Incubation: 4-6 weeks from exposure to symptom development. It is spread person to person through saliva. A person may be contagious from many weeks to a year or more.

Can the child come to school: The child is excluded until well enough to return to normal activities. Since the child can have the virus without symptoms and people can be contagious for a long time, excluding children who have mono will not prevent spread. If the spleen is enlarged, children should avoid contact sports for 6 weeks or until healthcare provider has approved the child continuing with sports.

Prevention/Control: Thorough hand washing after any contact with saliva or items contaminated with saliva.

Treatment: Call your healthcare provider.

**\*\*Blood tests are available for diagnosis, but may be difficult to interpret in children less than 4 years of age.\*\***