

Mononucleosis

What is Mononucleosis?

Mononucleosis is an illness caused by the Epstein-Barr virus.

What are the symptoms?

Symptoms of infectious mononucleosis are fever, sore throat, and swollen lymph glands. Symptoms usually resolve in 1 to 2 months.

How is this virus transmitted from person to person?

Transmission requires intimate contact with saliva of an infected person. Usually occurs during intimate contact, or sharing of water bottles, eating utensils, etc. Incubation period, or the time from infection to appearance of symptoms, ranges from 4 to 6 weeks. Persons with this infection may spread the infection to others for a period of weeks. No special precautions or isolation procedures are recommended.

How is Mono diagnosed?

Diagnosis is based on symptoms as stated above and a laboratory test.

What is the treatment for Mono?

There isn't any specific treatment for this illness, other than treating the symptoms to keep the individual comfortable. Drinking plenty of fluids and rest are the best treatment.

Please inform your child's school if they are diagnosed with Mononucleosis.

If your child has a fever of 100 or higher, please keep him/her home until he/she is fever free for 24 hours without the use of fever reducing medication. The same 24 hour guideline applies for a student who has an uncontrolled cough, is vomiting or has diarrhea.