Mononucleosis Guidelines

WHAT IS MONONUCLEOSIS?

Mononucleosis, also known as mono, is an infection with the Epstein-Barr virus (EBV). It is common among teenagers and young adults. Requires a medical diagnosis with a blood test to check complete blood counts. Looks at white blood cell counts which will be high if infected. Also may perform a strep test to rule out as symptoms can be similar.

Whitish coating

on the tonsils

COMMON SIGNS & SYMPTOMS

- Fever
- Chills
- Fatigue
- Rash
- Swollen glands (tonsils) and lymph nodes
- Sore throat
- Loss of appetite
- Headache
- Nausea
- Body aches

CONTAGIOUS TIME PERIOD:

Months after infection, excretion of virus can be intermittent for life.

TIME FROM EXPOSURE TO SYMPTOMS:

30-50 days

SPREAD BY:

Person to person contact with saliva.

TREATMENT / SELF-CARE:

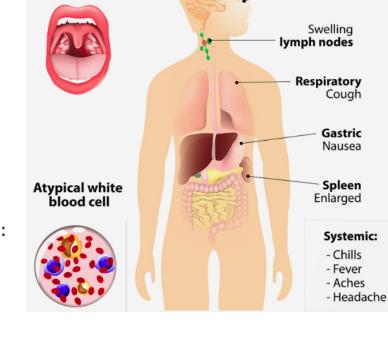
Treatment involves rest, fluids, over the counter pain and fever reducing medications to ease symptoms. Fluids due to fluid loss related to sweating, vomiting, diarrhea. Throat lozenges for pain.

ACTION AT SCHOOL:

Exclude the child from school until fever-free (99.9 F or below) for 24 hours without the use of any fever reducing medications. No contact sports while the spleen is enlarged, ask for a doctor's excuse.

CONSIDERATIONS AND PREVENTION MEASURES:

Good hand washing and hygiene. Avoid kissing, sharing drinks or utensils. Use proper disinfectant on surfaces. Change your toothbrush.



Mononucleosis

Visual

Photophobia