

# 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.

## 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.

