



MONONUCLEOSIS (“Mono”) SCHOOL FACT SHEET

EXCLUSION

- None. Because not everyone who is contagious has symptoms, it is not always possible to identify who is infected. Virus can be shed for long periods of time after symptoms go away.

CAUSE

- Herpesviruses: Generally Epstein-Barr virus (EBV); cytomegalovirus (CMV) may also cause mononucleosis.

SYMPTOMS

- 4-7 weeks from exposure to appearance of symptoms
- Sore throat
- Low-grade fever
- Swollen glands
- Fatigue
- Enlarged spleen and/or liver
- Note: Taking amoxicillin will not help and can cause a rash in people with mononucleosis

SPREAD

- Close personal contact with an infected person, including direct contact with saliva, such as kissing and sharing items such as cups, straws, toothbrushes, etc. The virus does not live for long on surfaces and objects.

CONTAGIOUS PERIOD

- Weeks to a year or more; adults can be carriers.

PREVENTION OR CONTROL

- Do not share cups, drinks, straws, lip balm, etc that will put you in direct contact with someone else’s saliva.
- Wash any surfaces that may be in contact with saliva.
- **HAND WASHING** after contact with saliva.

WHAT TO DO

- Consult a health care provider.
- Rest, fluids. Usually no other treatment is given.
- If the spleen is enlarged, contact sports must be avoided for at least 6 weeks or until a doctor has said it is OK to continue with sports.

References: AAP (2006). *Red Book: 2006 Report of the Committee on Infectious Diseases*.
Boulder County, *Communicable Disease Control (n.d.) Mononucleosis*
CDC, *National Center for Infectious Disease (2007). Epstein-Barr Virus and Infectious Mononucleosis*.
Hennepin County Community Health Department (2003). *Mononucleosis (Infectious)*.
Maryland Department of Health & Mental Hygiene (2002). *Mononucleosis Fact Sheet*.