



Mononucleosis

The signs and symptoms, mode of transmission and incubation period are as follows:

What is infectious mononucleosis?

Infectious mononucleosis is a viral disease that affects certain blood cells. It is caused by the Epstein-Barr virus (EBV), which is a member of the herpesvirus family. Most cases occur sporadically. Outbreaks are rare.

Signs and Symptoms: An acute infectious disease caused by a virus and characterized by fever, sore throat, infected lymph glands which often are swollen, enlarged and tender, loss of appetite and malaise.

Mode of Transmission: Respiratory droplets and from person-to-person via saliva. Young children may be infected by saliva on the hands of students or on toys.

Incubation Period: 4 to 6 weeks.

Treatment: Much of the treatment for mononucleosis is aimed at making your child more comfortable until the infection goes away on its own. For example:

- Some pediatricians may recommend giving your youngster acetaminophen to reduce the fever and ease pain.
- Sore throats can be treated by gargling with warm water and salt.
- Bed rest can be important for a child feeling fatigued.

Should your child present any of these symptoms, we recommend that you consult your family healthcare provider.

Students must have a note from a healthcare provider stating they may return to school and if any activities should be limited, or if they are to remain at home. Exclusion from school will be based on the healthcare provider's recommendations.

If you would like further information it can be found at the links below:

<https://www.cdc.gov/epstein-barr/about-mono.html>

If you have any questions, please feel free to call your child's school.