



Mononucleosis

Your child may have been exposed to this disease on _____.
Date(s)

Please check your child for symptoms through _____.
Date

If your child has symptoms, please contact your child's healthcare provider.

If my child has this disease, when can he or she return to school or child care?

Children with mononucleosis may return to school when their doctor or health care provider approves. Children should not do intense physical exercise or contact sports until approved by their doctor or health care provider.

Mononucleosis is a disease most often caused by the Epstein-Barr virus.

It causes:

- Extreme fatigue
- Fever
- Sore throat
- Head and body aches
- Swollen lymph nodes in the neck
- Swollen liver or spleen or both
- Rash

Symptoms usually start 4 to 6 weeks after a person is exposed. Often people will not develop any symptoms of the disease. Most people feel better in 2 to 4 weeks, and occasionally some people have symptoms for up to 6 months or longer.

What can I do now?

Watch your child for symptoms of this disease. Call your child's doctor if your child becomes sick. If your child is sick do not give the antibiotics ampicillin or amoxicillin because they may cause a rash in people with mononucleosis. Young children most likely will have a mild illness with few or no symptoms. Older adults who develop jaundice (yellowing of the skin and eyes) should call the doctor immediately.

If your child gets sick, prevent others from getting ill by:

- Keeping your child at home until their doctor finds them well enough to return to school.
- Wash hands frequently.
- Do not let your child share eating or drinking utensils with anyone else.
- Clean items that have been touched by secretions or fluids from the nose or throat.

Mononucleosis is most common amongst teenagers and young adults. It can be a serious illness for older adults.

How is mononucleosis spread?

This virus is spread through contact with bodily fluids, especially saliva. This happens by:

- Kissing
- Sharing eating utensils, water bottles, or toothbrushes
- Receiving blood transfusions infected with the virus

It is not known how long a sick person can spread the virus. Some people may continue to spread the virus for months or longer after they begin to feel better.