



FACT SHEET: Mononucleosis

Mononucleosis, (Mono) is usually caused by the Epstein Barr Virus. 90% of people will have antibodies to this virus by the time they are 50 years of age, most people are infected as children. It is in newly infected young adults that have a 1 in 4 chance of developing a mono-like illness.

Mononucleosis can spread by:

- Saliva, droplets
- Sharing water bottles, cups, drinks, or food
- Close intimate contact, i.e. kissing

Mono can begin slowly and cause the following symptoms that can last from weeks to months, with most people recovering in 2-4 weeks.

Please monitor your child for the following symptoms over the next 2-4 weeks:

Extreme fatigue	Fever	Rare:
Sore throat, (sometimes severe)	Headaches	Airway obstruction
Abdominal pain-Swollen Liver	Body aches	Liver failure
Abdominal pain-Swollen Spleen	Swollen lymph nodes in neck and armpits	Splenic rupture

If your child develops any symptoms please keep them home, **stop all strenuous activity including sports**, and consult with your healthcare provider.

Prevention:

- Wash hands often with soap and water for at least 20 seconds or an alcohol-based hand sanitizer
- Avoid people that are sick
- Do not share water bottles, cups, or drinks

Individuals at High Risk: Always consult with your healthcare provider with any questions or concerns. Although complications are generally rare some factors increase a person's risk. Anyone with underlying conditions, compromised immune system, pregnancy, etc. should contact their healthcare provider if they think they have been exposed.

Return to School: Your child can return to school once they are cleared by their healthcare provider and they have had:

- No fever for over 24 hours, and
- They feel well enough to attend.

Return to Activity/Sports/Gym/Recess: A letter for clearance to return to all activities must be submitted related to the risk of splenic rupture and liver enlargement. No exceptions.

Any questions please email/call your school nurse, (found on your home school website)

For more information: <https://www.cdc.gov/epstein-barr/index.html>