



# Mononucleosis

## Parent Resource Template

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### DEFINITION

- Mononucleosis, commonly known as *mono*, is a disease caused by the Epstein-Barr virus (EBV).

### SYMPTOMS

- May take 30-50 days to develop symptoms after exposure to a person with mono.
- Symptoms can last a few days to a few months.
- Young children may develop no symptoms or very mild symptoms.
- Though rare, in teenagers mono can be more serious.
- Fever.
- Sore throat.
- Extreme fatigue (can persist for weeks or months).
- Swollen lymph nodes in neck and armpits.
- Head and body aches.
- Enlarged liver and/or spleen.
- Rash may occur in those treated with antibiotics.

### PREVENTION

- Mono is spread in saliva. The best way to prevent mono is by frequent handwashing, and by covering coughs and sneezes.
- A person known to have mono should not kiss others on the mouth, donate blood or share food, drinks or eating utensils.

## TREATMENT

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

- Some healthcare providers may recommend giving your child acetaminophen or ibuprofen to reduce fever and ease pain.
- A sore throat can be eased by gargling with warm water and salt.
- Bed rest is important if the child feels fatigued.
- If the spleen is enlarged, avoid contact sports for one to two months.
- Because mono is caused by a virus, antibiotics should not be used as a treatment.

## POSSIBLE COMPLICATIONS

- Mono is usually not serious.
- Mono can cause secondary infections: strep throat, sinus infection, or tonsillitis.
- Rare, serious complications could be ruptured spleen or liver infection.

## RETURN TO SCHOOL

- When student's temperature is less than 100.4° F.
- Student is feeling well enough to participate in learning.

## CALL YOUR HEALTHCARE PROVIDER

- If your child has significant symptoms such as: fever, sore throat, fatigue, and/or swollen lymph nodes.

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Information compiled from the American Academy of Pediatrics and Centers for Disease Control