

## **MONONUCLEOSIS (MONO)- is a viral illness.**

- **Symptoms:** Your child may have a sore throat, swollen glands, headache, fever and sometimes a rash. Your child may be very tired. Mono usually lasts from one week to several weeks. The time it takes to recover and regain energy varies from person to person. Less common problems include jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver. If you child is infected, it may take about 4 to 6 weeks for symptoms to start.
- **Spread:** Mononucleosis is spread by kissing or sharing items contaminated with saliva.
- **Contagious Period:** Your child may be contagious for several weeks or longer. Your child does not have to stay home as long as he or she is healthy enough for routine activities.
- **Call Your Healthcare Provider:** Contact your provider if anyone in your home has symptoms of mononucleosis. Your child may need to rest, drink plenty of water and avoid some physical activities. Children with an enlarged spleen should avoid contact sports until cleared by their healthcare provider.
- **Prevention:** You should wash your hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing. Avoid sharing drink containers and cups or silverware. Wash all dishes with hot soapy water between uses. Use a product that kills viruses to clean and disinfect any objects that come in contact with the nose or mouth (mouthed toys). Avoid kissing or having contact with the saliva of an infected child.

Source- Prevention and Control of Communicable Diseases: A Guide for School Administrators, Nurses, Teachers, Child Care Providers, and Parents or Guardians; Missouri Department of Health and Senior Services-Bureau of Communicable Disease Control and Prevention)