

Your child may have been exposed to:

## Mononucleosis

Mononucleosis (mono) is a viral illness.

**If you think your child has mononucleosis**, tell your childcare provider or call the school.

Children do not need to stay home if they are healthy enough for routine activities.

**Sports:** Children with an enlarged spleen should avoid contact sports until cleared by their health care provider.

For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or call your local health department.

### Symptoms

Your child may have a sore throat, swollen glands, headache, fever, and sometimes a rash. Your child may be very tired. Less common problems include jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver.

Mono usually lasts from one week to several weeks. The time it takes to recover and regain energy varies from person to person.

If your child is infected, it may take about 4 to 6 weeks for symptoms to start.

### Spread

- By kissing or sharing items contaminated with saliva.

### Contagious period

For several weeks or longer.

### Call your health care provider

- If anyone in your home has symptoms of mononucleosis. Your child may need bed rest, to drink plenty of water, and to avoid some physical activities.

### Prevention

- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.
- Avoid sharing drinking cups, bottles, straws, mouthed pens and pencils, toothbrushes, or lip balm. Wash all dishes with hot soapy water between uses.
- Clean and disinfect any objects or surfaces that come in contact with saliva (for example, mouthed toys). Use a product that kills germs.
- Avoid kissing or having contact with the saliva of an infected child.