



Greenwich Public Schools
School Health Services

Mononucleosis (Mono)

There has been Mononucleosis "Mono" (EBV-EPSTEIN BARR VIRUS) diagnosed in your child's classroom. Mononucleosis or EBV is an infection caused by a member of the herpes virus family. 90% of all adults show evidence of previous exposure to EBV. Many people who have had "Mono" recover without ever knowing they had it. Usually a clinically apparent episode only develops when it occurs in adolescence or adulthood. Young children who contract EBV often have no symptoms.

Signs/Symptoms:

Because people react so differently to EBV, symptoms vary greatly. Generally there is a fever, swollen glands (especially near nape of neck), sore throat, fatigue, enlarged liver and/or spleen, night sweats and possibly a rash.

Incubation:

4-6 weeks

Transmission:

Person to person via saliva (kissing, toys mouthed by young children, shared drinks, etc.)

Treatment:

1. There is no cure or vaccine for Mononucleosis. Because this is a viral infection, antibiotics will not improve it. If your child displays the above symptoms, please contact your physician. Confirmation of EBV will be done through a blood spot (monospot).
2. Some people who have Mononucleosis get secondary bacterial infections such as strep throat. Strep throat is treated with antibiotics.
3. Rate of recovery is strongly influenced by one's psychological state. Some people recover very quickly while others respond slowly. Be as active as the physician and personal feelings permit.
4. Fatigue is a factor in recovery. Some people show no symptoms of EBV while others need a few weeks to a few months of recovery. Resting is aimed at reducing further trauma to the liver and spleen.
5. Drink plenty of fluids.
6. As with other viral infections, DO NOT GIVE CHILDREN ASPIRIN PRODUCTS.

General Information:

- Please report episodes of confirmed Mononucleosis (EBV) to the nurse's office as soon as possible. Please contact us even if your child developed Mononucleosis on a non-school day (weekend, holiday).
- Consult your physician if your child's condition is not improving.
- Infection with Mononucleosis (EBV) generally provides future immunity to Mononucleosis.
- Discourage sharing food, drink, towels, pillows, etc. at this time.

Return to School:

- Students diagnosed with Mononucleosis must remain home until the physician advises not contagious. A physician's written note stating "not-contagious" and return date is required. Additionally a date of resumption of sport, physical education and recess activities must also be included on the physician's note. When students return to school they must have enough energy to deal with academic, social and physical demands of school. **We reserve the right to send a student home who displays signs of ill health that may jeopardize the general welfare of the class.**

If you have any questions, please call your School Nurse.