



## **MONONUCLEOSIS**

### **What is mononucleosis?**

- It is a contagious viral infection, caused by the Epstein-Barr virus, a member of the herpes virus family.

### **What are the symptoms that could occur?**

- Fever, sore throat, and swollen lymph glands
- The spleen is enlarged in about 50% of infected people
- Heart problems or involvement of the central nervous system rarely occurs
- Occurs most often in teenagers and young adults
- Symptoms begin 4-6 weeks after exposure and can last from one to several weeks

### **How is it spread?**

- Contact with saliva of an infected person
- Most contagious when fever is present
- In teenagers and young adults it is most often spread by kissing
- Only slightly contagious from casual contacts
- Confirmed cases should be considered contagious for one year, due to virus being present in saliva after recovery

### **How is it diagnosed and treated?**

- Primary care provider evaluation and laboratory testing
- There is no treatment other than treating symptoms for comfort
- Most people recover quickly after a few days rest
- A few people do feel tired and run down for up to two months
- Rest and follow the recommendations of the physician regarding medication and activity

### **Can it be prevented?**

- None specific
- Routine health practices

### **Should the sick child be isolated?**

- No

### **When can the child return to day care or school?**

- When fever is gone and well enough to participate
- Provide documentation from primary care provider with any activity restrictions.

**Genesee County Health Department  
630 S. Saginaw Street  
Flint, Michigan 48502  
[www.gchd.us](http://www.gchd.us)**

**Should schools do special cleaning?**

- Special cleaning is not necessary.

**If I have any other questions, whom can I contact?**

- Call the Genesee County Health Department at 257-3612

This fact sheet is for information only and is not meant to be used for self diagnosis or as a substitute for consultation with a health care provider. For more information, call your health care provider.