

Infectious Mononucleosis

Infectious mononucleosis is a very mild illness in infants and young children. Often, there are no symptoms at all.

CAUSE: Epstein-Barr virus (EBV)

SYMPTOMS: Fever, sore throat, tiredness, and swollen glands (especially behind the neck). Sometimes there is a rash. Young adults may have yellowing of the skin or eyes, and an enlarged spleen. Infectious mononucleosis usually lasts from one week to several weeks, and it is rarely fatal.

TRANSMISSION: Person-to-person, through saliva. Spread can occur by direct contact, such as kissing, or through items such as toys that are contaminated with saliva.

INCUBATION: It takes about 4 to 6 weeks from the time a person is exposed until symptoms develop.

CONTAGIOUS PERIOD: From many weeks to a year or more. Some adults are carriers of the virus.



EXCLUSION

Until the child is well enough to return to normal activities. Because children can have the virus without any symptoms, and people can be contagious for such a long time, excluding children or staff is not recommended.

Prevention & Control

1. Wash hands thoroughly with soap and warm running water for at least 20 seconds after any contact with saliva or items contaminated with saliva. If hand sanitizers are used, they may be used only after thorough hand washing.

2. Clean and sanitize mouthed toys at least daily and when soiled.



1. Bleach Sanitizer (Use non-scented)

- 1 teaspoon bleach in 1 gallon water
- ¼ teaspoon bleach in 1 quart water

USE TEST STRIP TO CHECK CONCENTRATION.

DO NOT RINSE, LET AIR DRY.

PREPARE FRESH SOLUTION DAILY.

OR

2. Commercial or food grade sanitizer that is EPA approved

FOLLOW MANUFACTURER'S DIRECTIONS.

3. Diagnosis: See your physician. A blood test is available.

4. Treatment: None, because infectious mononucleosis is caused by a virus.

For more information, you or your physician may call the Central District Health Department at 385-5175, or your local health department.