

Mononucleosis

Dear parent or guardian:

Your child recently may have been exposed to **mononucleosis**, commonly known as “mono.” It is a disease caused by the Epstein-Barr virus.

Children with mononucleosis typically don’t need to stay home from school. If your child is too sick to take part in normal activities, they should stay home.

Symptoms

Young children typically have few or no symptoms. Older children and adults may have a fever, sore throat, fatigue, and swollen lymph nodes. Symptoms usually last 1–3 weeks.

Spread

Mononucleosis spreads through contact with an infected person’s saliva. Saliva can be transferred through kissing or sharing objects, like toys, cups, or bottles.

Diagnosis and treatment

A healthcare provider can diagnose mononucleosis based on the symptoms. A blood test can confirm the diagnosis. No specific treatment is available.

Give your child comfort and be sure they get plenty of rest. Most healthcare providers recommend avoiding contact sports for up to 1 month after getting sick. Speak with your healthcare provider before resuming sports.

Prevention

To control the spread of mononucleosis:

- Wash your hands frequently and thoroughly with soap and warm water.
- Avoid sharing objects contaminated by saliva, like cups, utensils, and toys.
- Discourage kissing children on the mouth.
- Clean and sanitize toys and utensils after each child uses them.

Learn more

For more info, contact a healthcare provider.