

MONONUCLEOSIS (INFECTIOUS)

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

CAUSE:

Epstein-Barr virus (EBV); about 5-7% of cases are caused by cytomegalovirus (CMV)

SYMPTOMS:

Other symptoms include, fever, sore throat, swollen glands (especially behind the neck), headache, and tiredness. Sometimes there is a rash. Young adults may have jaundice (yellow of the skin or eyes) and an enlarged spleen. Infectious Mononucleosis usually lasts from one week to several weeks.

SPREAD:

Person-to-person, through saliva. Spread can occur by kissing or sharing items contaminated with saliva (e.g. drinking cups, bottles, or toys).

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) who has Mononucleosis will not prevent spread

PREVENTION/CONTROL:

1. Wash hands thoroughly with soap and warm running water after any contact with saliva or items contaminated with saliva.
2. Clean and disinfect mouthed toys at least daily and when soiled.
3. Diagnosis: See your health care provider. Blood tests are available, but may be difficult to interpret in children less than 4 years of age.
4. Treatment: Discuss supportive therapy with your healthcare provider.