

MONONUCLEOSIS

Mononucleosis is an acute viral infection caused by the Epstein-Barr virus. Individuals with this disease can experience mild to severe illness. Most cases of infectious mononucleosis go away by themselves over 2-3 weeks. During the course of the illness, patients often have days when they feel well, alternating with days when they feel ill.

Signs and Symptoms:

The viral infection symptoms include sore throat, fever, tiredness, headache, and swollen lymph nodes. Sometimes enlargement of abdominal organs (liver and/or spleen) may occur.

Contagiousness:

The virus is transmitted from person to person through saliva (kissing, shared drinking glasses). The time an individual is contagious is unknown. The diagnosis of this illness is based on symptoms and laboratory blood tests.

Treatment:

There is no specific treatment care is supportive. Rest and contact sport restrictions may be needed for a month or longer. Return to school on the advice of health care provider.

School Exclusion Guidelines:

School exclusion is not required. However, the student should remain at home while feeling ill and not able to participate in their daily routine.