

**LAKE COUNTY HEALTH DEPARTMENT
AND
COMMUNITY HEALTH CENTER**

MONONUCLEOSIS

*** What is Infectious Mononucleosis?**

Infectious Mononucleosis is a viral infection (Epstein-Barr Virus) that is generally mild in children.

Incubation Period: (Time from exposure to infection to beginning of symptoms of illness).
30 to 50 days.

Period of Communicability: (Period person can give infection to another).
Children may be infectious for up to a year or longer.

*** What are the Symptoms of Infectious Mononucleosis?**

Children may have no symptoms or they may have fever, sore throat and tonsils, tiredness, tender swollen lymph nodes in the neck, enlarged abdominal organs such as the liver or spleen, and/or jaundice (yellowing of the skin or the whites of the eyes).

*** How is Infectious Mononucleosis Spread?**

This disease is spread from person-to-person in saliva from the mouth or throat of an infected person. Children may be infected by sharing eating or drinking utensils or by kissing an infected person.

*** How is Infectious Mononucleosis Treated?**

There is no specific treatment. Physician's recommendations should be followed.

*** How Can the Spread of Infectious Mononucleosis be Prevented/Limited in Child Care Center?**

- Inform parents of other enrolled children who may have been exposed, of the illness. Educate parents, staff and children about the disease, and importance of hand washing.
- Teach the importance of basic hygiene measures such as covering the mouth when coughing or sneezing and frequent, proper hand washing before any activity that brings hands in contact with the mouth., e.g., eating, drinking, smoking, etc. Emphasize the importance of proper disposal of used tissues and prompt hand washing after handling articles soiled with respiratory secretions; discourage the sharing of glasses, straws, water bottles, eating utensils, etc. Due to risk of rupture of the spleen, contact sports should be avoided until permission is given by the physician.

*** Exclusion**

Children should be excluded from school when feeling ill and if unable to tolerate general school activities.