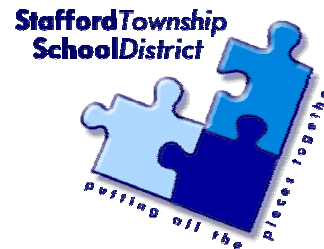


**Call your health care provider if you have any questions or concerns or if your child:**

- A hard time breathing
- A rash
- Not been able to swallow liquids for 12 hours or more
- Extreme weakness or unusual behavior
- Severe headache or severe stomachache that does not go away
- Yellow color (jaundice) to the skin
- Dark urine
- Symptoms that last longer than 3 weeks.

If your child is ill, do not allow your child to share cups, utensils, or toys with others.



For additional information contact your school nurse at 609-978-5700

Primary Learning Center x1276  
Ocean Acres x1113  
Oxycocus x1073  
McKinley Avenue x1140  
Intermediate x1074  
District Nurse Coordinator x 1205



## Wellness Series

Keeping students healthy,  
fit and eager to learn

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## Infectious Mononucleosis (Mono, Kissing Disease)





# Infections

## Mononucleosis

(Mono, Kissing Disease)

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Infectious Mononucleosis (Mono) is a common viral illness. Fever, tiredness, sore throat and swollen glands are signs of Mono. It is caused by the Epstein-Barr virus (EBV), which is related to the viruses that cause chickenpox and fever blisters. The time between exposure to EBV and the first signs of mono is 4-7 weeks.

### **How will Infectious Mononucleosis affect my child?**

Young children infected with EBV often remain well or may have a slight cold. Teens are more likely to develop Mono.

Mono spreads from one person to another when infected saliva comes in contact with the mouth, nose or eyes. Kissing is one way to catch Mono, but the virus can

also be passed by sharing cups, utensils or other objects. Mono can also be passed in droplets that are coughed or sneezed into the air. If your child is ill, do not allow your child to share cups, utensils, or toys with others.

Mono begins with tiredness, feeling weak, sore throat, fever and not wanting to eat. Tonsils may be red, swollen and covered with pus. Glands in the neck may be swollen. A child with Mono may attend school if he/she has no fever and feels well.

In rare cases, organs such as the liver and spleen swell. If your child has an enlarged spleen, activities that could result in injury to the abdomen must be avoided (contact sports, bike riding, roller blading, skiing). These activities may cause rupture of the spleen, which is a serious complication. If your child has an enlarged liver, you may see a yellow color (jaundice) to your child's skin. Mild EBV infection of the liver (hepatitis) is common. The spleen and liver will return to normal size in a few weeks and your child will be able to resume normal activities. Check with your doctor before allowing him/her to resume all activities.

The acute phase of the illness lasts 2-3 weeks. Your child may remain weak and tire easily for months.

### **How is Infectious Mononucleosis treated?**

No specific treatment is available for Mono. Treatment is directed toward symptoms that may occur.

- Contact the doctor if your child has pain or fever over 102°.
- Your child should rest as much as needed.
- Offer your child fluids often to prevent dehydration.
- If your child is not able to eat well, cold milk shakes made with a vitamin-mineral-calorie supplement (such as an instant breakfast mix) may be helpful.

A child with Mono may attend school if he/she has no fever and feels well.