

Mononucleosis



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Communicable Disease Division
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Date:

Dear Parent or Guardian:

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

What are the symptoms of mononucleosis?

Symptoms are usually mild or with no symptoms in young children. Older children and adults may have a fever, sore throat, fatigue, and swollen lymph nodes. These symptoms may last from one to several weeks.

How is mononucleosis spread?

Mononucleosis is spread by person-to-person contact with the saliva of an infected person. This could be through ways such as kissing on the mouth or sharing objects contaminated with saliva (i.e. toys, toothbrushes, cups, bottles).

How is mononucleosis diagnosed and treated?

Mononucleosis is usually diagnosed by a health care provider based on the symptoms and then confirming the diagnosis through laboratory testing of a blood sample. No specific treatment is available. Most people with mononucleosis require only general comfort measures to help ease symptoms, including getting plenty of rest.

How do you control the spread?

Make sure adults and children wash hands frequently and thoroughly. Avoid sharing of objects contaminated with saliva such as drinking cups, eating utensils or toys. Discourage kissing children on the mouth. Clean and sanitize toys and utensils after each child has used them. Excluding a child diagnosed with mononucleosis from school or childcare is generally not necessary unless he/she meets other exclusion criteria or is not able to participate in normal activities.

How do I get more information?

For more information about mononucleosis, contact your healthcare provider or Tacoma-Pierce County Health Department at (253) 798-6410 and press “0”.