

MONONUCLEOSIS

WHAT IS MONONUCLEOSIS?

A DISEASE CAUSED BY THE EPSTEIN-BARR VIRUS; THE ILLNESS IS COMMONLY KNOWN AS MONO.

WHAT ARE THE SIGNS AND SYMPTOMS OF MONONUCLEOSIS?

IT IS USUALLY MILD OR THERE ARE NO SIGNS OR SYMPTOMS, ESPECIALLY IN YOUNG CHILDREN. THE MOST COMMON SYMPTOMS ARE FEVER, SORE THROAT, FATIGUE, SWOLLEN LYMPH NODES, AND AN ENLARGED LIVER AND SPLEEN.

WHAT ARE THE INCUBATION AND CONTAGIOUS PERIODS?

INCUBATION PERIOD IS ESTIMATED TO BE 30–50 DAYS. CONTAGIOUS PERIOD: THE VIRUS IS EXCRETED FOR MANY MONTHS AFTER INFECTION, AND VIRUS EXCRETION CAN OCCUR INTERMITTENTLY. THE PERIOD OF COMMUNICABILITY IS UNKNOWN.

HOW IS IT SPREAD?

PRACTICE GOOD HAND HYGIENE. AVOID KISSING THAT INVOLVES TRANSFER OF SALIVA OR SHARING RESPIRATORY SECRETIONS DIRECTLY OR THROUGH CONTACT WITH OBJECTS LIKE FOOD UTENSILS, CUPS, SODA CANS, AND BOTTLES OF WATER.

HOW DO YOU CONTROL IT?

PRACTICE GOOD HAND HYGIENE. AVOID KISSING THAT INVOLVES TRANSFER OF SALIVA OR SHARING RESPIRATORY SECRETIONS DIRECTLY OR THROUGH CONTACT WITH OBJECTS LIKE FOOD UTENSILS, CUPS, SODA CANS, AND BOTTLES OF WATER.

EXCLUDE FROM GROUP SETTING?

NO. HOWEVER, CONTACT SPORTS SHOULD BE AVOIDED IF THE PERSON HAS AN ENLARGED SPLEEN UNTIL THE SPLEEN IS NO LONGER ENLARGED.