

Your child may have been exposed to:

Mononucleosis

Quick Help

If you think your child has Mono

Tell your childcare provider or call the school.

Need to stay home?

No, as long as the child is healthy enough for routine activities.

Sports: Children with an enlarged spleen should avoid contact sports until cleared by their healthcare provider.

Prevention

- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with hand washing.
- Avoid sharing drink containers and cups or silverware. Wash all dishes with hot soapy water between uses.
- Clean and disinfect any objects that come in contact with the nose or mouth (for example, mouthed toys). Use a product that kills germs.
- Avoid kissing or having contact with the saliva of an infected child.

Mononucleosis is a disease caused by the Epstein-Barr virus; the illness is commonly known as mono.

Symptoms:

Your child may have a sore throat, swollen glands, headache, fever and sometimes a rash. Your child may be very tired. Mono usually lasts from one week to several weeks. The time it takes to recover and regain energy varies from person to person. Less common problems include jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver. If your child is infected, it may take about 4 to 6 week for symptoms to start.

Spread

- By kissing or sharing items contaminated with saliva.

Contagious Period

For several weeks or longer

Call your Healthcare Provider

- If anyone in your home has symptoms. Your child may need bed rest, to drink plenty of water and to avoid some physical activities.

For more information, please visit or call:
Oldham County Health Department
1786 Commerce Parkway, LaGrange KY 40031
502-222-3516 ext. 136
www.oldhamcountyhealthdepartment.org

