INFECTION MONONUCLEOSIS (CHILDREN)

WHAT IS IT?

Infectious mononucleosis is caused by a virus. It is also known as "mono" and "the kissing disease".

HOW DO YOU GET IT?

Mononucleosis is spread by coming in contact with the saliva of someone with the illness. This may include kissing, eating or drinking after the person, sharing toys, coughing or sneezing. Anyone can get mononucleosis but it mostly occurs in high school and college age groups.

WHAT ARE THE SYMPTOMS?

The early symptoms are like the flu. These may include fever, headache, sore throat, weakness, chills, muscle aches and generally not feeling well. Some children may also not be very hungry, have a rash or have swollen glands in their neck.

WHEN DO THE SYMPTOMS SHOW UP AND FOR HOW LONG?

The symptoms may take 2 to 7 weeks to show up after exposed and can last up to 6 months or more. Most children are better in one to three weeks.

WHEN AND FOR HOW LONG IS THE PERSON CONTAGIOUS?

The child is infectious for several days before he/she starts feeling sick. The child is contagious while sick and for up to one year after the illness is over.
WHAT IS THE TREATMENT?

1. The child will need lots of rest.
2. Antibiotics will not help because this illness is caused by a virus.
3. You may give your child acetaminophen or ibuprofen for fever and aches.
4. Salt water gargles may help the sore throat.
5. It is important to drink plenty of liquids.
6. Do not let your child play contact sports until okayed by a doctor.

RETURN TO THE DOCTOR IF:

If your child is having trouble swallowing, cannot keep liquids down, not wetting as much as usual, having trouble standing, sleeping too much, or having worse stomach pain.

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