



What is mononucleosis?

- A contagious viral infection caused by the Epstein-Barr virus (EBV), a member of the herpes virus family. Anyone can get Mono, but it is most common in children, teens, and young adults.

What are the symptoms that could occur?

- Fever, sore throat, and swollen lymph glands in the neck, armpits, and groin
- Spleen is enlarged in about 50% of infected people
- Symptoms begin 4-6 weeks after exposure and can last from one to several weeks

How is it spread?

- Contact with saliva of an infected person, or by objects/hands exposed to saliva
- Most contagious when fever is present
- Confirmed cases should be considered contagious for one year, due to virus being present in saliva after recovery; some people become carriers

How is it diagnosed and treated?

- Primary care provider evaluation and laboratory testing
- There is no treatment other than treating symptoms for comfort
- A few people do feel tired and run down for up to two months

Can it be prevented?

- Avoid drinking out of same containers as others
- Avoid mouth-to-mouth kissing
- Avoid sharing saliva covered substances such as gum, candy, pacifiers, and eating utensils
- Cough or sneeze into tissue

Should the sick individual be isolated?

- No

When can the individual return to the general population?

- When fever is gone and well enough to participate
- Provide documentation from primary care provider with any activity restrictions

Should facilities do special cleaning?

- Special cleaning is not necessary. Routine cleaning with EPA approved products is recommended.

If I have any other questions, whom can I contact?

- Call the Genesee County Health Department at 257-1017