

# Infectious Mononucleosis (Caused by the Epstein-Barr virus)



Symptoms: Fever, sore throat, swollen glands and fatigue are common. Sometimes the liver and spleen are affected and enlarged.

Method of Transmission: Contact with saliva from infected person.

Incubation: 4 to 6 weeks

Prevention Measures: Basic hygiene, such as covering mouth when coughing or sneezing. Frequent proper hand washing (before eating, drinking, etc.). Discourage sharing of glasses, straws, water bottles, eating utensils, etc.

School Control: An infected child does not need to be excluded unless they are running a fever or does not feel well enough to participate in usual activities. Due to the risk of rupture of the spleen, the physician must give written permission before child can return to PE/recess activity