



PUBLIC HEALTH FACT SHEET

MONONUCLEOSIS (MONO)

Dear Parent:

This is to bring to your attention that a case of Mononucleosis has been reported for a student in your child's classroom and to provide you with information about this disease. If your child exhibits any of the symptoms described below, it is recommended that you consult your private physician or the Department of Health in Duval County School Health Program at 904-253-1580.

What is Infectious Mononucleosis (Mono)?

- A common viral illness, also known as “kissing disease” or “Epstein-Barr virus (EBV)”
- Usually mild

What are the symptoms of Mono?

- Fever
- Severe sore throat
- Fatigue
- Swollen lymph nodes

How is Mono spread?

- Person to person contact
- Kissing
- Sharing eating or drinking utensils
- Sharing cigarettes, pipes, cigars or hookahs

How can Mono be prevented?

- Avoid using the same eating or drinking utensils, toothbrushes, or other things that go in the mouth
- Frequent, thorough hand washing
- Avoid kissing children on the mouth

Implications for school

- Exclude students or staff who have been diagnosed with the disease
- Must have a healthcare provider’s note to return

Resources:

Centers for Disease Control and Prevention:

www.cdc.gov

American Academy of Pediatrics:

<https://healthychildren.org/English/health-issues/conditions/abdominal/Pages/FoodPoisoning-and-Food-Contamination.aspx>