



Mononucleosis

(Mono)

Patient and Family Education

This teaching sheet contains general information only. Your child's doctor or a member of your child's health care team will talk with you about specific care for your child.

What is mononucleosis (mono)?

Mononucleosis (mono) is caused by a virus and is often called "the kissing disease." It is usually spread by close personal contact like kissing. Children of all ages and adults can get mono and symptoms can last for 2 to 3 weeks.

What are the possible symptoms?

Your child may have one or more of these:

- Fever and chills
- Sore throat
- Swollen lymph glands
- Loss of appetite
- General aching and discomfort
- Stomach pain
- Tiredness
- Headache
- Nausea and vomiting
- Confusion
- Skin rash
- The doctor may find an enlarged spleen

What is the treatment?

Some general guidelines to follow include:

- Have your child get plenty of rest.
- Acetaminophen (Tylenol or other less costly store brand) or ibuprofen (Motrin, Advil or other less costly store brand) may be given for pain or fever. Follow the directions on the box carefully or ask your child's doctor how much medicine to give. **DO NOT:**
 - Give your child more than 5 doses of acetaminophen in a 24-hour period.
 - Give acetaminophen to babies less than 3 months of age without a doctor's order.
 - Give ibuprofen to babies less than 6 months of age without a doctor's order.
 - Give acetaminophen and ibuprofen together.
 - Alternate these medicines.
- Offer plenty of liquids.
- Limit activity, exercise, weight-lifting and contact sports as advised by your doctor. These things can increase the risk of injury to an enlarged spleen.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

Mononucleosis, continued

When can my child return to school?

Your child can return to school when his fever is gone without using medicines and he can swallow normally.

When should I call the doctor?

Call your child's doctor if your child has:

- Swollen and bleeding gums or bruises easily
- Headaches and weakness
- A new rash not yet seen by a doctor
- Confusion or does not act like himself
- Constant bad breath odor
- New stomach pain or his stomach pain lasts longer than 3 days
- Trouble breathing

Also call your child's doctor if your child:

- Cannot drink fluids or shows signs of dehydration (drying out):
 - No urine in six hours in an infant younger than 1 year old
 - No urine in more than eight hours in a child older than 1 year old
 - No tears when crying
 - Sunken eyes
 - Dry lips and mouth
- Is on amoxicillin or ampicillin

Call your child's doctor if you have any questions or concerns about how your child looks or feels.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.