



Mononucleosis

Your child may have been exposed to mononucleosis. It is most common among high school and college aged individuals; however, children may still be infected.

If you think your child has mononucleosis:

- Tell your childcare provider or call the school.
- Your child does not need to stay home from childcare or school if they are healthy enough for routine activities.
- Sports: Children with an enlarged spleen should avoid contact sports until cleared by their health care provider.
- For more information, call Hennepin County HSPHD-Epidemiology at 612-543-5230 or your local health department.

Parent/Guardian information

Symptoms

Your child may have a sore throat, swollen glands, headache, fever, and sometimes a rash. Your child may be very tired. Less common problems include jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver. Your child may also not have any symptoms.

Mono usually lasts from one week to several weeks. The time it takes to recover and regain energy varies from person to person.

If your child is infected, it may take about 4 to 7 weeks for symptoms to start.

Spread

- By kissing or sharing items contaminated with saliva such as cups, toothbrushes, etc.

Contagious period

For several weeks or longer.

Call your health care provider

If anyone in your home has symptoms of mononucleosis. Your child may need bed rest, to drink plenty of water, and to avoid some physical activities.

Prevention

- Wash hands after touching anything that could be contaminated with secretions from the nose or mouth. Your child may need help with handwashing.

Mononucleosis

- Avoid sharing drinking cups, bottles, straws, mouthed pens and pencils, toothbrushes, or lip balm. Wash all dishes with hot soapy water between uses.
- Clean and disinfect any objects or surfaces that come in contact with saliva (for example, mouthed toys).
- Avoid kissing or having contact with the saliva of an infected child.

Hennepin County Public Health
Epidemiology
612-543-5230
epi-envhlth@hennepin.us

Updated April 2024

