Infectious Mononucleosis  
(Mono)

Mono is usually caused by the Epstein-Barr virus (EBV). It can be passed on to others by coughing, sneezing, and/or mouth-to-mouth kissing. Signs and symptoms of “mono” are severe sore throat, tiredness, swollen lymph nodes in the neck and by the ears, and fever. Your child may feel sick for 2-4 weeks. A blood test is the only way to tell if your child has mono.

Home Care:

- See "Sore Throat" CARE CARD.
- Offer your child fluids to drink often (water, juices, tea).
- Encourage your child to rest and do quiet activities.
- You may give acetaminophen (Tylenol®) or ibuprofen, for older children, for fever of 100.5° F (38° C) or greater, and for aches and pains. Be sure to follow the package directions for how much to give based on your child’s age and weight. Do not give more than five doses of acetaminophen or four doses of ibuprofen in 24 hours.
- Your child should avoid all contact sports (like football, soccer, wrestling) until his doctor says it is okay.
- Avoid sharing drinking glasses, silverware or food. Do not let your child kiss another person on the mouth while ill.
- Good hand washing helps prevent the spread of germs. Be sure to wash your hands and your child’s hands often for at least 15 seconds each time.
- It is important to clean your child’s toys, especially while he is sick.

Call your child’s doctor or the Children’s Mercy Hospital Information Line at (816) 234-3188 if your child:

- Can not drink fluids or has trouble swallowing fluids.
- Still has fever after 10 days.
- Is still sick after 4 weeks.

Call your child’s doctor immediately or go to the nearest emergency room if your child has:

- Difficult or noisy breathing
- Severe stomach pain
- Left shoulder pain
- Bleeding into the skin (large bruising or lots of small purple bruises)
- A change in symptoms (gets sicker)