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## MONONUCLEOSIS (MONO)

Infectious mononucleosis (mono) is a viral illness that is transmitted from person to person in infected saliva, such as through coughing, sneezing, kissing, or drinking glasses. It is more commonly seen in older children and young adults. Symptoms can last several weeks. The incubation period from time of exposure is anywhere from 4-10 weeks.

### Symptoms include:

Severe sore throat	Fever	Chills	Stomachache
Enlarged tonsils	Fatigue	Headache	
Vomiting			
Loss of appetite	Enlarged spleen	Swollen lymph nodes	

Complications of mono are not common, but can be very serious. They include dehydration, obstructed breathing from swollen tonsils, or a spleen rupture from any type of abdominal trauma. Children with mono can develop a rash if they are given amoxicillin or ampicillin, so these medications should be avoided. Symptoms of mono generally resolve within four weeks, but can linger even longer. Mono is diagnosed with a positive blood test, either the rapid test (Monospot) or blood levels of antibodies to the virus that causes this illness.

### How is mono treated?

- Mono is caused by a virus, and therefore antibiotics will not help this illness at all.
- Acetaminophen (Tylenol) or ibuprofen (Advil / Motrin) for fever or for pain.
- Get lots of rest.
- Drink LOTS of liquids to help prevent dehydration.
- Sore throat can be treated with warm salt water gargles (children over 8), sucking on hard candies (children over 4), soft foods and lots of liquids. Avoid OJ / soda.
- Limit physical activity including heavy lifting, and avoid any contact sports for at least 4-6 weeks because of the risk of injury to a potentially enlarged spleen.
- Your child may return to school after the fever has been gone for 24 hours and they can swallow normally.
- Avoid spreading the disease by not sharing glasses or utensils, covering your mouth when coughing or sneezing, washing hands frequently, and avoiding kissing until the fever has been gone for a few days.

### Call our office if:

- Your child develops difficulty breathing
- You are concerned your child is getting dehydrated.
- Your child develops abdominal pains (especially left-sided).
- Your child develops a new rash.
- Your child is getting worse in any other way.

**For any urgent or emergent medical concerns, please call 911 or go immediately to the nearest emergency department.**