

Mononucleosis (infectious)

Additional Information:
This infection occurs most often in teens and young adults and is also known as "Kissing Disease."

Symptoms may last for 2 weeks or longer.

Because the spleen may become enlarged as a result of infectious mononucleosis, contact sports should be avoided until full recovery. Participating in contact sports can be strenuous and may cause the spleen to rupture.

Treatment may include rest with symptomatic treatment for discomfort and fever-reduction.

Special attention to sanitation of mouthed toys is required. Utensils, drinking glasses, and toothbrushes should not be shared.

Resources

- ADHS Mononucleosis (Infectious) Fact Sheet
- CDC Mononucleosis (Infectious) Information

Mononucleosis is a viral infection caused by the Epstein-Barr virus.

Symptoms can include:

- Fever
- Sore throat
- Listlessness
- Swollen lymph nodes in the neck and armpits

Skin rash may appear on neck and shoulders or jaundice may develop.

Incubation Period	Approximately 30–50 days
Contagious Period	Prolonged. Possibly up to a year or more.

Recommended Actions
Refer to a health care provider for diagnosis.

Cases:
None

Contacts:
None

If you have questions please call public health for assistance and recommendations.

Transmission
Contact with secretions from the nose, mouth and throat of an infected person. Most commonly, saliva (spit or drool). The virus can survive for several hours outside the body.

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Image by CDC