

# CDRS

COMMUNICABLE DISEASE FACT SHEET

# MONONUCLEOSIS

Communicable Disease Reporting System

Infectious Mononucleosis is a viral disease that affects certain blood cells. It is caused by the Epstein-Barr virus (EBV.)

## Symptoms

- Symptoms of Mononucleosis include fever, sore throat, swollen glands and fatigue.
- Sometimes the liver and spleen are affected.
- Duration is from one to several weeks.
- The disease is very rarely fatal, however liver, spleen and central nervous system complication may occur.
- Symptoms appear from 4-6 weeks after exposure.

## Transmission

- The virus is spread by person to person contact, via saliva (on hands or toys or by kissing).
- Virus can be excreted for many months following infection.
- Asymptomatic carriage is common, therefore the period of communicability is indeterminate.

## Treatment

- No treatment other than rest is needed in the majority of cases.

## Prevention

- Avoid activities involving the transfer of body fluids (commonly saliva) with someone who is currently or recently infected with the disease.
- At present, there is no vaccine available to prevent mononucleosis.
- Infected persons may return to classes or work when they feel well enough to do so.
- Persons who have had exposure to infectious secretions of a person known to have mononucleosis should seek medical care if symptoms develop.

**All information is general in nature and is not intended to be used as a substitute for appropriate professional advice.**

Franklin County



Board of Health

Report Disease With Ease - 24 hours a day

[www.cdrsinfo.com](http://www.cdrsinfo.com)

Columbus and Franklin County Communicable Disease Reporting System

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