

**GREENWICH CENTRAL SCHOOL
HEALTH OFFICES**

MONONUCLEOSIS

Mononucleosis is an infection caused by the Epstein-Barr virus. The symptoms can include fever, sore throat, headaches, white patches on the back of the throat, swollen glands in the neck, fatigue, and loss of appetite.

The mono virus is found in the saliva and mucus. It is often called the kissing disease, because it is spread by direct contact (kissing, sharing of water bottles etc.). Signs of mono usually develop 4 to 7 weeks after you're exposed to the virus. Mono is not spread as easily as some other viruses, such as the common cold.

If you suspect your child may be ill with mono, it is important to have him/her seen by their physician to test for mono. A rare, but serious complication with mono is enlargement and even rupture of the spleen. If your child has a positive diagnoses, please contact the health office, as it is important to track illnesses in school.