



What is it?

- A viral infection caused by the Epstein-Barr virus.
- Commonly seen in older children and adults.
- Difficult to recognize in young children.

What are the symptoms?

- Fever
- Sore throat
- Swollen glands (neck)
- Fatigue
- Headache
- Loss of appetite
- Enlarged spleen
- Jaundice (yellow skin/eyes) in 4% of young adults.

How quickly do symptoms develop?

- 4 – 6 weeks after contact with an infected person.

How is spread?

- Through direct contact with mouth and/or nose secretions of an infected person; ~~Person-to-person contact~~; e.g. via saliva on hands ~~or toys~~, kissing.
- Indirect contact with contaminated objects e.g. toys, sharing water bottles, cigarettes
- Rarely through blood transfusions.

How long is it contagious?

- Up to a year or more, even though symptoms subside.
- Student may return to school upon recommendations from physician.

How is it treated?

- No treatment other than rest is needed in most cases.

What can you do?

- Cover your mouth when coughing.
- Discard tissues soiled with nose and throat discharges into the garbage.
- Wash hands carefully to help prevent the spread.
- Avoid activities involving the transfer of saliva; e.g. sharing water bottles or cigarettes, or by kissing someone who is infected.
- Avoid sharing water bottles or cups ~~drinking beverages from a common container.~~

Whom should I talk to if I have any questions?

Communicable Disease Control, Algoma Public Health at (705) 942-4646,
www.algomapublichealth.com, or your health care provider.