

Mononucleosis “Mono”



Cardinal Pediatrics
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Infectious Mononucleosis or “Mono” is caused by a virus called Epstein-Barr. It is spread primarily through infected saliva which is why it is sometimes called the kissing disease.

Signs & Symptoms

- **Fatigue**
- **Malaise**
- **Fever**
- **Sore throat**
- **Enlarged lymph nodes most commonly in the back of the neck, armpits, and groin**
- **It can also cause an enlarged liver or spleen**
- **A rash and abdominal pain can occur and is more common in young children**

When to seek Emergency Care

- Any difficulty breathing or swallowing
- If your child cannot swallow oral liquids
- Severe abdominal pain
- Uncontrollable fevers

Management

- Is mainly supportive care such as using Tylenol or Motrin to manage fever and/or pain when needed during the acute phase
- Getting plenty of rest
- Preventing injury is key. This is especially important in our athletes because we closely monitor their spleens and limit any participation in contact sports if they have any signs of an enlarged spleen
- Getting over mono often involves what we call a Biphasic recovery which means that sometimes symptoms will worsen again after showing initial improvement rather than a steady, consistent improvement.
- Most patients with mono recover within 1-4 weeks without any complications
- In children who do have an enlarged spleen this can persist for weeks after the infection, so it is important to keep your follow-up appointments and to follow safety recommendations!
- Fatigue may persist even months after recovery so continue to rest when needed!



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Remember we are only a phone call away!