



2500 Bates Avenue, Suite B, Concord CA 94520 | Phone: (925) 313-6740 | Fax: (925) 313-6465  
cchealth.org

## **K-12 Recommendations for Mononucleosis (Mono)**

Contra Costa County works closely with K-12 school partners to keep students, staff, and their families safe and healthy. Mono should be reported to your local Public Health Department when outbreaks, hospitalizations or deaths occur.

### **Symptoms:**

Fever, sore throat, swollen glands (especially behind the neck), headache, tiredness, and sometimes a rash. Mono can last up to several weeks. It may take weeks to months to regain energy; however, this will vary from person to person.

Less common problems include jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver. Although rare, the spleen may rupture in extreme cases.

### **What can you do to prevent Mono:**

- Wash hands completely with soap and warm running water after any contact with saliva or items contaminated with saliva.
- DO NOT allow sharing of drinking cups, bottles, straws, cigarettes, mouthed pens and pencils, toothbrushes, or lip balm.
- Avoid kissing an infected child on the lips or having contact with their saliva.
- Clean and sanitize mouthed toys, objects, and surfaces at least daily and when soiled.

### **What to do if you get Mono:**

No exclusion is necessary, as long as the child is able to participate in routine activities. Because students/adults can have the virus without any symptoms and can be contagious for such a long time, exclusion will not prevent spread.

For more information, please contact Contra Costa Public Health at 925-313-6740 or visit our website at <https://www.cchealth.org/health-and-safety-information/communicable-disease-program>.

For CDPH school guidance please visit <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>.