**TREATMENT GUIDELINES FOR HEALTH STAFF**

## INFECTIOUS MONONUCLEOSIS

Authorized health and wellness staff may treat infectious mononucleosis as follows:

1. All students with a diagnosis of acute mononucleosis should be referred to the center physician for evaluation and development of a management plan. MSWR can be discussed at that time.
2. Screen the student for simultaneous streptococcal throat infection.
3. Advise the student to avoid sharing drinks, utensils, or toiletries, and to avoid exchange of bodily fluids (e.g., no kissing and no unprotected sexual behavior).
4. Avoid contact sports and heavy exertion for 6-8 weeks after onset of infection, until cleared by the center physician.

**Note:**  Steroids are useful only in patients with complications as determined by the center physician; antiviral medications have no proven benefit.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If the student has difficulty breathing
* If the student cannot swallow and maintain adequate hydration
* If the student’s symptoms (malaise, fatigue) worsen, and the student is unable to attend class