**MONONUCLEOSIS**
(also known as “infectious mononucleosis”, “glandular fever”, and “kissing disease”; caused by Epstein-Barr virus)

**Is the initiation of non-invasive dental hygiene procedures* contra-indicated?** Potentially

- **Is medical consult advised?** If patient/client is febrile or has abundant throat exudate or has head/neck lymphadenopathy or has general malaise or any combination of the aforementioned signs/symptoms, refer to primary care provider (e.g., physician or nurse practitioner) for follow-up and definitive diagnosis (e.g., Monospot blood test). Instruct patient/client to reschedule dental hygiene appointment when s/he feels well.

**Is the initiation of invasive dental hygiene procedures contra-indicated?** Potentially

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
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<tbody>
<tr>
<td>Is medical consult advised?</td>
<td>See above.</td>
</tr>
<tr>
<td>Is medical clearance required?</td>
<td>No</td>
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<tr>
<td>Is antibiotic prophylaxis required?</td>
<td>No</td>
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<tr>
<td>Is postponing treatment advised?</td>
<td>Possibly; see above.</td>
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</tbody>
</table>

**Oral management implications**

- **Mode of transmission** is person-to-person spread by oropharyngeal route via saliva.
- No special precautions or isolation procedures are recommended, because the virus is frequently found in the saliva of healthy people. Many healthy people carry and spread the virus intermittently for life.
- Period of communicability may be prolonged; pharyngeal excretion may persist for a year or more after infection; 15–20% of EBV antibody-positive adults are long-term oropharyngeal carriers.
- In industrialized countries, age of infection is typically in older childhood and young adulthood (most recognized in high school and college students), whereas in developing countries infection is widespread in early childhood.
- In young children, the disease is generally mild and more difficult to recognize; the disease is more severe in older adults.

**Oral manifestations**

- Tonsillar exudate (white patches)
- Pharyngeal erythema (redness)

**Related signs and symptoms**

- Fever, sore throat, swollen lymph nodes, swollen spleen, fatigue, general malaise
Disease/Medical Condition

MONONUCLEOSIS

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References and sources of more detailed information

- US Centers for Disease Control and Prevention, National Centre for Infectious Diseases, Epstein-Barr Virus and Infectious Mononucleosis http://www.cdc.gov/ncidod/diseases/ebv.htm

* Includes oral hygiene instruction, fitting a mouth guard, taking an impression, etc.

** Ontario Regulation 501/07 made under the Dental Hygiene Act, 1991. Invasive dental hygiene procedures are scaling teeth and root planing, including curetting surrounding tissue.

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