



MONONUCLEOSIS

What is it?

Mononucleosis (often called “Mono”) is an acute viral syndrome that occurs primarily in adolescents and young adults. Individuals experience tiredness, some fever, soreness, and an all over feeling of being under the weather.

How is it spread?

This virus is usually spread person-to-person via saliva, which is the reason that mono was given the nickname the “kissing disease”. Symptoms can occur up to six weeks after someone was exposed to the virus.

What are the symptoms?

- Sore throat
- Headaches
- Fatigue
- Muscle aches
- Enlarged spleen
- Jaundice
- Loss of appetite
- Fever
- Swollen lymph nodes
- Skin rash
- Enlarged liver

What is the treatment?

There is no pill or shot to cure mono. Your body should be able to fight the infection. Pain relievers (Tylenol) can be taken for the fever, sore throat, and other aches and pains. Alcohol should not be consumed during this time. A balanced diet is essential for recovery. Lots of fluids should be taken, preferably eight glasses daily of juice or water. People should get plenty of rest when they are sick with mono and should not over-exert themselves.

How can I guard against the spread of this disease?

Mono is spread through saliva. Avoid drinking from the same cup and using the same utensils as individuals that have the symptoms of mono. Avoid kissing someone who has mono. Remember to use general good hygiene measures, including hand washing.