

# MONONUCLEOSIS

## PERSONAL HEALTH FACT SHEET

### ***What is Mono?***

*Mononucleosis or “Mono” is caused by a virus that occurs primarily in adolescents and young adults. Infected individuals experience fatigue, fever, soreness, and a general feeling of malaise and lethargy.*

### **How is it spread?**

Mono is mildly contagious and is usually spread through direct mouth contact. Symptoms from infection with this virus can occur up to six weeks after exposure.

### **How is it treated?**

Mono is not treated with antibiotics because it is caused by a virus. To help speed recovery, it is important to get adequate rest, eat a balanced diet, drink at least 8 glasses of water/juice a day, and limit physical activity.

### **How can we prevent Mono?**

- Mono is spread through saliva, and is often nicknamed the “kissing disease.” Avoid all oral contact including kissing and drinking from or using the same utensils as individuals that have the symptoms of mono.
- Always remember to practice good hygiene measures, including hand washing.

### **SYMPTOMS OF MONONUCLEOSIS**

- Sore Throat
- Loss of appetite
- Headaches
- Fever
- Fatigue
- Swollen glands
- Muscle aches
- Skin rash
- Spleen enlargement
- Liver enlargement
- General feeling of tiredness



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