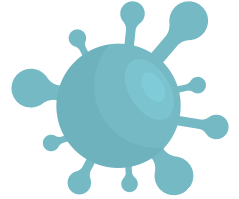


Infectious Mononucleosis Fact Sheet

What is it?

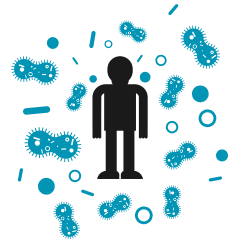
- Infectious mononucleosis, also called “mono,” is a contagious disease (can be spread from one person to another).
- Mono is common among teenagers and young adults.
 - At least one in four teenagers and young adults who get infected with Epstein-Barr virus (EBV) will develop mono.
- EBV is the most common cause of mono, but other viruses can cause this disease.



How does it spread?

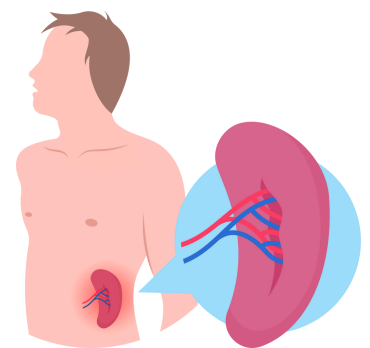
These viruses spread:

- Most commonly through bodily fluids, especially saliva.
- Also through blood and semen during sexual contact, blood transfusions, and organ transplantations.



How do I know if I have it?

- Symptoms usually appear four to six (4-6) weeks after you are infected with EBV.
- Symptoms may develop slowly and may not all occur at the same time.
- These symptoms include:
 - Extreme fatigue,
 - Fever,
 - Sore throat,
 - Head and body aches,
 - Swollen lymph nodes in the neck and armpits,
 - Swollen liver or spleen or both, **AND**
 - Rash.
- Enlarged spleen and a swollen liver are less common symptoms.
- For some people, their liver, spleen, or both may stay enlarged even after their fatigue ends.
- Most people get better in two to four (2-4) weeks, but some people may feel fatigued for several more weeks.
- Sometimes symptoms can last for six months or longer.



How can I protect myself?

There is no vaccine to protect against mono. Follow the steps below to protect yourself:

- **Do not** kiss a person with mono,
- **Do not** share food and drinks,
- **Do not** share personal items, like lip balms and toothbrushes, **AND**
- **Wash** used dishes and eating utensils.



How should I take care of myself or someone who has mono?

You can help relieve symptoms of mono by:

- Drinking fluids to stay hydrated,
- Getting plenty of rest, **AND**
- Taking over-the-counter medications for pain and fever.



When should I call a doctor?

Consider calling a doctor if you have:

- **Severe belly pain, confusion, or dizziness:** If you experience intense abdominal pain, confusion, dizziness or lightheadedness, seek medical care immediately. These symptoms could suggest you have a ruptured spleen.
- **Prolonged symptoms:** If your mono symptoms last for more than 10 days, or if you have a severe sore throat for more than a day or two, talk to a doctor.
- **Other unusual symptoms:** If you have swollen lymph nodes all over your body, difficulty breathing, a long lasting fever over 101.5°F, or weakness in your arms and legs, talk to a doctor.



To learn more, visit the Centers for Disease Control and Prevention (CDC) at www.cdc.gov/epstein-barr/about-mono.html.