

INFECTIOUS MONONUCLEOSIS

“Mono”

WHAT IS MONO?

Infectious mononucleosis, also called “mono,” is a contagious disease. Epstein-Barr virus (EBV) is the most common cause of mono, but other viruses can also cause this disease.

WHAT SHOULD I KNOW?

Mono is common among teenagers and young adults. At least one in four teenagers and young adults who get infected with EBV will develop mono.

HOW DO I KNOW IF I HAVE IT?



Extreme fatigue



Fever



Sore throat



Head and body aches

HOW CAN I PREVENT IT?



Do not kiss a person with mono.



Do not share food and drinks.



Do not share items, like lip balms and toothbrushes.



Wash used dishes and eating utensils.

TREATMENT TIPS:

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 TO ASK A DOCTOR?

Talk to your doctor if you have:

- Severe belly pain, confusion, or dizziness,
- Prolonged symptoms, **OR**
- Other unusual symptoms.