

MONONUCLEOSIS

PERSONAL HEALTH FACT SHEET

What is Mononucleosis?

Mononucleosis or “Mono” is caused by the Epstein-Barr virus and occurs primarily in adolescents and young adults. Infected individuals experience fatigue, fever, and a general feeling of malaise and lethargy. As many as 95% of U.S. adults have been infected with the virus.

How is it spread?

Mono is mildly contagious and is usually spread person to person by saliva or by objects or hands exposed to saliva.

How is it treated?

There is no specific treatment. Antibiotics are not effective against viruses. 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. Symptoms usually resolve gradually over 1-2 months.

How can we prevent Mono?

- Mono is spread through saliva—which brings some truth to the nickname the “kissing disease.” Avoid all oral contact including kissing and drinking from or using the same utensils as individuals who have possible symptoms.
- Always remember to use general good hygiene measures including hand washing.

Are there any serious complications?

Complications are rare, however, if you notice any unusual signs or symptoms, contact your physician as soon as possible.

SYMPTOMS OF MONONUCLEOSIS

- Sore throat
- Loss of appetite
- Headaches
- Fever
- Fatigue
- Swollen glands
- Muscle aches
- Skin rash

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