



MONONUCLEOSIS (MONO)

Mononucleosis, or infectious mononucleosis, refers to a group of symptoms usually caused by the Epstein-Barr virus (EBV). It is common among teens and young adults, is spread through saliva and referred to as “the kissing disease.”



How to identify signs and symptoms:

Symptoms typically appear four to six weeks after infection and develop slowly

- extreme fatigue
- fever
- sore throat
- head and body aches
- swollen lymph nodes in the neck and armpits
- swollen liver or spleen (less common)
- rash

How is it spread/caused?

- EBV is typically spread through **bodily fluids, especially saliva**. Can also spread through blood, semen, blood transfusions, and organ transplantations
- Cytomegalovirus, toxoplasmosis, HIV, rubella, Hepatitis A,B or C, and adenovirus can also cause mononucleosis

How is it treated?

- Since Mono is caused by a virus, antibiotics are not helpful.
- Relieve symptoms by drinking plenty of **fluids**, getting plenty of **rest**, taking over-the-counter **fever and pain reducer medications, avoiding contact sports** until full recovery due to possibility of enlarged spleen
- There is no vaccine, but you can protect yourself but not kissing or sharing drinks, food, or personal items with people who have mononucleosis



Call UHS if...

You are experiencing the above symptoms and they do not get better on their own in 1-2 weeks

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Check out the latest updates and more details from **The CDC**:

