

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.