

## **Mononucleosis(Mono)**

Also known as the “kissing disease”. Adolescents and young adults are the most likely to contract infectious mononucleosis.

### **Frequent Signs & Symptoms**

Symptoms may include:

- Fatigue, body aches, or loss of appetite
- Fever
- Swollen lymph nodes in your neck, armpits, or groin.
- Sore throat or swollen tonsils
- Headache
- Enlarged spleen

### **Causes**

The virus that causes mono is spread through saliva. The most common forms of transmission are through kissing (why it’s called the kissing disease), and sharing drinks, food, or utensils. You can also be exposed through coughing and sneezing.

Epstein-Barr virus is the most common cause of mononucleosis.

### **Prevention**

Avoiding germs and practicing good hygiene is the best way to avoid infection. Tips for avoiding infection include:

- Avoid close contact with people who are infected.
- Avoid sharing drinks or food.
- Avoid sharing utensils, dishes, toothbrushes, or chapstick/lipstick.

### **Diagnosis**

Diagnosis requires an examination by your health care provider. Blood testing may be required. A rapid mono screening can be done in the clinic with a small blood sample taken by a simple finger stick.

Additional Information: \_\_\_\_\_

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### **Treatment**

There is no specific treatment plan to treat mononucleosis. Each patient differs depending on their symptoms and the severity of their symptoms. Antibiotics are NOT prescribed to treat a viral infection such as mono.

Over-the-Counter medications such as acetaminophen or ibuprofen can be used to ease pain and fever.

Frequent warm salt water gargles (1/2 teaspoon salt in 1 cup water) can help to relieve sore throat.

Also over-the-counter throat lozenges and sprays may help reduce throat pain.

On some occasions, a steroid injection may be given in the clinic or a course of steroids may be prescribed.

### **Activity**

Get plenty of rest and increase fluids.

Mononucleosis can have long lasting symptoms. Be patient and give your body time to recover.

Avoid contact sports and other strenuous activities for at least one month to avoid the risk of rupturing your spleen. Your health care provider may recommend longer depending on your symptoms.

### **Diet**

You may want to consider a liquid or soft diet while your throat is sore.

Be advised you may want to avoid hard foods such as chips to decrease the risk of choking especially if you have difficulty swallowing or swelling.

Maintain a healthy diet with plenty of fluids.

**If symptoms worsen or do not improve, return to the clinic.**

**If you have worsening of symptoms when the Health and Wellness Center is unavailable, please follow up with the local ER or Urgent Care.**

**\*\*If you have been diagnosed with mono and severe pain of the left upper abdomen occurs go straight to the ER since this could be a sign of a ruptured spleen.**