



Central Michigan District Health Department
“Promoting Healthy Families, Healthy Communities”

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www.cmdhd.org

Mononucleosis

What is Mono?

Mono is an acute viral syndrome that occurs primarily in adolescents and young adults. Individuals experience tiredness, some fever, soreness, and just an all over feeling of being under the weather. The virus is usually spread person to person via saliva which gave mono the nickname the “kissing disease”. Exposure to this virus can occur up to six weeks before any symptoms occur.

What are the signs and symptoms?

- sore throat
- headaches
- fatigue
- muscle aches
- enlarged spleen
- jaundice
- loss of appetite
- fever
- swollen lymph nodes
- skin rash
- enlarged liver

Is it contagious?

Mildly contagious. It can be spread through direct mouth contact.

How long does it last?

Depending on the individual, the symptoms last about two to four weeks, but a small number of people can take months to regain their normal level of energy.

How do I prevent Mono?

Mono is spread through saliva – which brings truth to the nickname the “kissing disease”. Avoid drinking from and using the same utensils as individuals that have the symptoms of mono. Remember to use general good hygiene measures including hand washing. Get adequate rest and eat three meals a day. Avoid kissing and other oral contact.

How is Mono treated?

There is no pill or shot to cure mono. Your body should be able to fight the infection. Adequate rest and pain relievers (Tylenol) can be taken for the fever, sore throat, and other aches and pains. Alcohol should not be consumed during this time. A balanced diet is essential for recovery. Lots of fluids should be taken; eight glasses daily of juice or water. Try to take it easy. Don't overdo yourself.