

## MONONUCLEOSIS (MONO)

Mononucleosis (often called “mono”) is an infection by the Epstein-Barr virus. Mono is not spread as easily as some other viruses, such as the common cold. Generally people only get it once and it is most common among people 15 to 35 years old. Mono is diagnosed by a blood test.

### Common Symptoms:

- Fatigue
- Muscle aches
- Fever
- Sore throat
- Swollen glands
- Headache

### Treatment:

- Rest, fluids, and over the counter medication for pain.
- No contact sports or strenuous activity for one month.
- You can resume normal daily activities as tolerated when you feel able.
- School should be continued as soon as possible.
- Mono is caused by a virus, so antibiotics will not help.

### Seek medical attention if:

- Severe sore throat which persists more than 1 week.
- Severe abdominal pain.