



Infectious Mononucleosis (Mono/Kissing Disease)

What is infectious mononucleosis?

- Infectious mononucleosis is a viral illness caused by the Epstein-Barr virus.
- Illness may last one to several weeks.

How does a person get infectious mononucleosis?

- The virus is found in the saliva of infected people.
- The virus is spread by mouth-to-mouth or hand-to-mouth contact which may include sharing of toys, drinking cups, eating utensils, water bottles, lip products and cigarettes.

What are the signs and symptoms?

- Symptoms may be very mild or quite severe.
- In young children, the disease is usually mild and more difficult to recognize.
- It can be diagnosed by blood tests and symptoms.
- If symptoms occur, they will develop 4 to 6 weeks following contact with the infection.

- Symptoms may include fever, sore throat, swollen lymph glands in the neck, and extreme fatigue.
- Jaundice (yellow discoloration of the skin and eyes) sometimes occurs in young adults.

How is infectious mononucleosis treated?

- There is no specific treatment.
- For relief of symptoms, drink plenty of fluids, eat well and rest.
- Avoid contact sports until fully recovered.

How is infectious mononucleosis prevented?

- Do not share:
 - drinking cups
 - water bottles
 - cigarettes
 - lip products
 - mouth pieces of musical instruments
 - eating utensils
 - Soothers and other baby toys.
- Practice good handwashing.
- Exclusion is not usually necessary, unless the person is feeling unwell.

For more information contact your doctor
or Population and Public Health at **306-655-4612**
