

Mononucleosis (Mono)

What is it?

- Mono is caused by the Epstein-Barr virus (EBV).
- The virus infects a certain type of white blood cell called “B lymphocytes”.
- Symptoms start 30 to 50 days after exposure and may include:
 - fever
 - swollen glands
 - sore throat
 - tiredness
- Many people (especially infants and young children) catch Mono and only have mild symptoms similar to the common cold.
- Older children and young adults are more likely to have worse symptoms. For this reason, mono is more often recognized in high school and college-age students.
- Symptoms can last from one to several weeks.

How is it spread?

- The virus is spread through contact with the saliva of another person who has the virus.
- Kissing and contact with hands or toys soiled with infected saliva are common ways to spread the virus.
- EBV is shed in the saliva during the illness and for many months after infection.
- The virus can reactivate and be shed again from the mouth and the throat.

Is there treatment for it?

- No treatment other than rest is needed for most people with mono.

What can be done to prevent the spread of it?

- Avoid contact with the saliva of someone who has mono or who recently has had it.
- Keep children's toys clean and out of the mouths of others.
- Persons with a recent EBV infection should not donate blood.

For more information

Centers for Disease Control and Prevention

<http://www.cdc.gov/epstein-barr/index.html>

**Stop the spread of germs and infection.
Clean your hands.**

