

Fast Facts

Mononucleosis

- Infection most often caused by the Epstein-Barr virus
 - Transmitted through saliva
- Can get from kissing, sharing a glass/food utensils, getting sneezed/coughed on or touched something that was sneezed/coughed on
 - Not as contagious as many people believe
 - Can get it at any age
 - Young children don't usually have symptoms
- Adults have already been exposed, so their immune systems have antibodies against it
 - Most commonly diagnosed in teenagers
- Can result in serious complications like a swollen spleen, which is at increased risk of rupturing and causing internal bleeding
 - Incubation period is usually four to six weeks after exposure
 - Virus can last in saliva for several months after an infection

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Fever -Sore throat -Fatigue -Swollen tonsils -Swollen lymph nodes in neck/armpits -Headache -Skin rash -Swollen spleen -Fever and sore throat last only a couple of weeks -Fatigue, enlarged lymph nodes and swollen spleen can last for several weeks 	<ul style="list-style-type: none"> -No specific medication or treatment <i>Goal:</i> Treat symptoms -Drink cool (not cold) water and fruit juices to soothe throat and prevent dehydration -Eat as healthy food that don't irritate your throat -Gargle with salt water several times a day -Take over-the-counter medications that help relieve pain and reduce your fever, such as acetaminophen and ibuprofen -Get plenty of rest -Don't resume your normal activities too soon or you could have a relapse -Follow doctor's recommendations regarding when to restart activities, especially sports -Wash hands thoroughly and avoid others that are sick to prevent secondary infections 	<ul style="list-style-type: none"> -Don't share food, dishes, glasses or utensils with others -Use good hand hygiene

Note: Do not give aspirin to children under the age of 16 because it has been linked to causing Reye's syndrome

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