

Mononucleosis “Mono” fact sheet

Description/Symptoms

- Infectious mononucleosis, also called “mono,” is a contagious disease. Epstein-Barr virus (EBV) is the most common cause of infectious mononucleosis, but other viruses can also cause this disease.
- It is common among teenagers and young adults.
- Symptoms of infectious mononucleosis usually appear 4 to 6 weeks after you get infected with EBV.
- Symptoms include fever, sore throat, swollen lymph glands, abdominal discomfort, tonsillitis, general body weakness and discomfort, loss of appetite, may have enlarged liver and spleen, rarely jaundice and rash.
- Most people get better in two to four weeks; however, some people may feel fatigued for several more weeks. Occasionally, the symptoms of infectious mononucleosis can last for six months or longer.
- Typically, these viruses spread most commonly through bodily fluids, especially saliva.
- There is no vaccine to protect against infectious mononucleosis. You can help protect yourself by not kissing or sharing drinks, food, or personal items, like toothbrushes, with people who have infectious mononucleosis.

Instructions for Schools

- **No exclusion needed.**
- Student may return to school when **well enough to participate.**
- Avoid activities that would result in sharing saliva.
- Encourage thorough hand washing and respiratory etiquette.
- If spleen is enlarged, student should not participate in contact sports.
- Most commonly recognized in high school and post-secondary students.

Reference:

- CDC: <http://www.cdc.gov/epstein-barr/about-mono.html>