



Central Michigan District Health Department

Promoting Healthy Families, Healthy Communities



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Mononucleosis

What is Mono?

Mononucleosis, sometimes referred to as 'mono', is an acute viral syndrome that occurs primarily in adolescents and young adults. It is due to the Epstein-Barr virus (EBV).

What are the signs and symptoms?

Individuals experience tiredness, some fever, soreness, and just an all over feeling of being under the weather. Additional symptoms are:

- sore throat
- headaches
- fatigue
- muscle aches
- enlarged spleen
- skin rash
- fever
- swollen lymph nodes
- enlarged liver

How is it spread?

The virus can be spread through bodily fluids. It is usually spread person to person via saliva which gave mono the nickname the "kissing disease." Exposure to this virus can occur up to six weeks before any symptoms occur.

How is Mono treated?

There is no pill or shot to cure mono. Your body should be able to fight the infection. Adequate rest, pain relievers can be taken for the fever, sore throat, and other aches and pains and plenty of fluids will help.

How do I prevent Mono?

Mono is spread through saliva – which brings truth to the nickname the "kissing disease." Avoid drinking from and using the same utensils as individuals that have the symptoms of mono. Remember to use general good hygiene measures including hand washing. Avoid kissing and other oral contact.