Infectious Mononucleosis
(Epstein Barr Virus)

Mono (*infectious mononucleosis*) is a common virus infection. It usually happens in children, teenagers, and young adults. You get mono from close contact with someone who is infected. An infected person might not look sick. If you have mono, you might have a sore throat, headache, feel tired, or have a fever.

HOME CARE

- Drink lots of liquids. Eat soft foods. Cold foods (popsicles, ice cream) can make your throat feel better.
- Only take medicines as told by your doctor. **Do not give aspirin to children.**
- Rest as needed. Have someone around, who can watch you and make sure you don't get worse.
- **Do not** play contact sports. Avoid activities where you could get hurt for 3 to 4 weeks. The organ that cleans your blood (*spleen*) might be swollen, and it could get hurt.
- Wash your hands or use hand sanitizer. Avoid kissing or sharing a drinking glass, until your doctor says you are better. This stops the virus from spreading to other people.
- You might want to see your doctor after 3 to 4 weeks, to make sure your spleen is back to normal.

GET HELP IF:

- Your fever does not go away after 7 days.
- You cannot return to normal activities after 2 weeks.
- You have yellow color in the eyes and skin (*jaundice*).

GET HELP RIGHT AWAY IF:

- You have strong pain in your stomach or shoulder.
- You have trouble breathing or swallowing.
- You are confused. You get a strong headache, or stiff neck.
- You are shaking (*convulsions*). You keep throwing up (*vomiting*).
- You are weak, with pale skin, dry mouth, and fast heartbeat (*dehydration*).

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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