Infectious Mononucleosis
(Epstein Barr Virus)

Infectious mononucleosis ("Mono") is a common viral infection in children, teenagers and young adults.

CAUSES
Mono is an infection caused by the Epstein Barr virus. The virus is spread by close personal contact with someone who has the infection. Sometimes the infection can be spread from someone who does not appear sick but still spreads the virus (asymptomatic carrier state).

SYMPTOMS
The most common symptoms of Mono are:

- Sore throat.
- Headache.
- Fatigue.
- Muscle aches.
- Swollen glands.
- Fever.
- Poor appetite.
- Enlarged liver or spleen.

Less common symptoms can include:

- Rash
- Nausea
- Belly pain

DIAGNOSIS
Mono is diagnosed by a blood test.

TREATMENT
Treatment of mono is usually at home. There is no medicine that cures this virus. Sometimes hospital treatment is needed in severe cases. Steroid medicine sometimes is needed if the swelling in the throat causes breathing problems or inability to swallow.

HOME CARE INSTRUCTIONS
- Drink plenty of fluids.
- Eat soft foods. Cool foods like popsicles or ice cream can soothe a sore throat.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Children under 18 years of age should not take aspirin.
- Gargling salt water may help relieve your sore throat. Use warm salt water in a concentration of 1 teaspoon of salt per 1 cup of water. Sucking on hard candy may also help.
- Rest as needed.
- Start regular activities gradually after the fever is gone. Be sure to rest when tired.
- Avoid strenuous exercise or sports until advised otherwise by your caregiver. Absolutely no contact sports until advised by your caregiver. The liver and spleen could be seriously injured.
- This infection is contagious and is passed by contact with your saliva through such things as kissing or the use of your drinking glass. Avoid these contacts until your caregiver tells you that you are no longer contagious.

SEEK MEDICAL CARE IF:
- Fever is not gone after 7 days.
- Activity not back to normal after 2 weeks.
- Yellow color to eyes and skin (*jaundice*).

SEEK IMMEDIATE MEDICAL CARE IF:

- Severe pain in the belly or shoulder.
- Trouble swallowing, drooling.
- Trouble breathing.
- Stiff neck.
- Severe headache.
- Repeated vomiting.
- Convulsions.
- Confusion.
- Trouble with balance.
- Signs of dehydration:
  - Weakness.
  - Sunken eyes.
  - Pale skin.
  - Dry mouth.
  - Rapid breathing or pulse.

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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