

TIPS TO PREVENT INFECTIOUS MONO:

- Avoid exposure to those people with the active virus (that is known)
- Do not share drinking glasses, eating utensils, or toothbrushes
- Wash hands



WHAT TO DO IF YOU THINK YOU HAVE MONO?

- See your doctor
- Tell your school nurse
- Get appropriate treatment
- Do your best to not contaminate others around you



FOR MORE INFORMATION:

- Visit the website: www.cdc.gov
- Ask your doctor, school nurse, or another health care professional
- Search the internet

TEENS AND MONO



Epstein-Barr virus (EBV) causes infectious mononucleosis. EBV is one of the most common viruses that occur worldwide. In most cases, the majority who get the infectious Mono are adolescents and young adults. It is not commonly seen in older adults because of their immunity. The majority (95%) of people will get EBV sometime in their life.



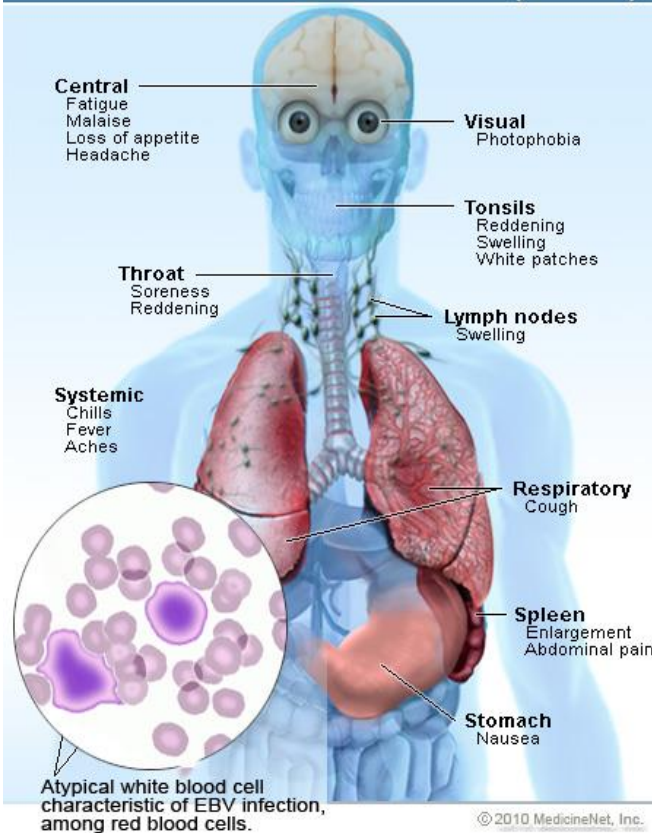
SYMPTOMS: CLASSIC TRIAD

- High fever
- Sore throat (pharyngitis)
- Swollen lymph glands (lymphadenopathy)

Other common symptoms:

- Weakness
- Fatigue

Infectious Mononucleosis (Mono)



The time from when a person becomes infected with EBV until the symptoms appear (incubation period) is 4-6 weeks, which means the infected individual can spread the virus without knowing for several weeks.

Other symptoms:

(Occur less frequently)

- Swollen spleen or liver
- Heart problems
- Central nervous system impairments

TRANSMISSION OF EBV:

In order for a person to become infected with EBV they must come in contact with the infected individual's saliva. Transmission by blood or air is uncommon.

DIAGNOSIS:

Mono is diagnosed by the following:

- 1) identifying the presence of the "classic triad" that lasts 1-4 weeks
- 2) age of the person
- 3) laboratory blood tests

Other blood tests can also be done like white blood cell (WBC) counts and the "mono spot" test.

TREATMENT:

There is no treatment for Mono. The symptoms are treated. Typically people can be symptomatic for several weeks to months.

There are several things that can be done to manage the symptoms:

- 1) rest- will most likely need to stay out of school
- 2) gargle with salt water, or use throat lozenges to soothe your sore throat
- 3) taking acetaminophen (Tylenol) or ibuprofen (Advil) to lower the fever
- 4) avoiding contact sports and heavy lifting to prevent spleen or liver rupture
- 5) steroids are sometimes prescribed to reduce the inflammation in the throat and lymph glands

PERMANENT EFFECTS:

The symptoms of Mono usually resolve in around 1 or 2 months. It is not uncommon for students to miss a few weeks of school. However, the virus remains dormant in the cells (throat and blood, and commonly found in the saliva) for the rest of one's life once they have contracted EBV. At times, the virus becomes active again without the infected person's awareness (even when the person has no symptoms) and can transmit the virus to other people. The virus is commonly found in healthy people too so no special precautions are necessary.



