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# *Infectious Mononucleosis*

## *(Mono/Kissing Disease)*

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### *What is infectious mononucleosis?*

- Infectious mononucleosis is a viral illness caused by the Epstein-Barr virus.
- Illness may last one to several weeks.

### *How does a person get infectious mononucleosis?*

- The virus is found in the saliva of infected people.
- The virus is spread by mouth-to-mouth or hand-to-mouth contact which may include sharing of toys, drinking cups, eating utensils, water bottles, lip products and cigarettes.

### *What are the signs and symptoms?*

- Symptoms may be very mild or quite severe.
- In young children, the disease is usually mild and more difficult to recognize.
- It can be diagnosed by blood tests and symptoms.
- If symptoms occur, they will develop 4 to 6 weeks following contact with the infection.

- Symptoms may include fever, sore throat, swollen lymph glands in the neck, and extreme fatigue.
- Jaundice (yellow discoloration of the skin and eyes) sometimes occurs in young adults.

### *How is infectious mononucleosis treated?*

- There is no specific treatment.
- For relief of symptoms, drink plenty of fluids, eat well and rest.
- Avoid contact sports until fully recovered.

### *How is infectious mononucleosis prevented?*

- Do not share:
  - drinking cups
  - water bottles
  - cigarettes
  - lip products
  - mouth pieces of musical instruments
  - eating utensils
  - soothers and other baby toys.
- Practice good handwashing.
- Exclusion is not usually necessary, unless the person is feeling unwell.

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For more information contact your doctor  
or Public Health Services at **306-655-4612**

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*Population and Public Health*