Mononucleosis

Mononucleosis, or “mono” is an infection caused by the Epstein-Barr virus. Signs include sore throat, fever, headaches, weakness, swollen glands in your neck, and fatigue. A potential serious symptom of mono is pain in the upper left portion of the abdomen. This could imply that the spleen is enlarging from the infection. Mono is transmitted similar to the common cold; the virus is found in saliva and mucous. Mono usually lasts anywhere from 2-4 weeks, but persistent symptoms may last upwards of 2-3 months.

Home care

- Antibiotics will not help mono
- Rest & drink plenty of fluids
- Take Ibuprofen or Tylenol to relieve fevers & body aches
- Avoid sports or exercise

Professional care

- Mono can be diagnosed with a blood test called the mono spot test
- If you think you may have mono, seek professional care

Prevention

- Wash your hands often
- Get plenty of sleep, maintain a good diet and exercise to keep your immune system strong