Infectious Mononucleosis (Mono)

Mono is caused by a common virus that spreads through saliva. Anyone can get mono, but you usually only get it once. It is common among teens and young adults. Some people with mono never feel sick. Others may be sick for two to four weeks. Signs and symptoms of mono are sore throat, tiredness, swollen lymph nodes in the neck, loss of appetite, and fever. Your health care provider may notice that your spleen (near your stomach) is swollen. A blood test must be done to tell if you have mono. Unfortunately, there is no cure for mono. Your body must fight the illness on its own. There are some things you can do to help yourself feel better while you recover.

Home care:

- See "Sore Throat" TEEN CARD.
- Drink fluids often (water, tea, juices).
- Sleep, rest, and do quiet activities.
- Avoid all contact sports (like football, soccer, wrestling) until your health care provider says it is okay.
- Use acetaminophen (Tylenol®) or ibuprofen (Advil®, Motrin®) for a fever of 102°F (39°C) or more, and for aches and pains. Be sure to follow the package directions for how much to take based on your age and weight. Do not take more than 5 doses of acetaminophen (Tylenol®) or 4 doses of ibuprofen (Advil®, Motrin®) in 24 hours.
- While you have a fever and for 2 to 3 days after your fever is gone, do not share drinking glasses, silverware, or food, and do not kiss anyone on the mouth.
- You will need to adjust your work and school schedules until you are feeling better. Talk with your health care provider or nurse practitioner about this.

Call your health care provider or the Children’s Mercy Hospital Information Line at (816) 234-3188 if:

- You can not drink fluids or have trouble swallowing fluids.
- You still have a fever after 10 days.
- You are still sick after four (4) weeks.
- You have questions about being ill.

Call your health care provider immediately or go to the emergency room if you have:

- Difficult or noisy breathing
- Severe stomach pain
- Left shoulder pain
- Bleeding into the skin (large bruising or lots of small purple bruises)
- A change in symptoms (getting sicker)