

MONONUCLEOSIS

You have been diagnosed with Mono. Mono is spread by close contact with the saliva from a person who is infected with the virus. Your doctor will examine you for signs of mono and use blood or other lab tests to check for infection. Blood tests also are used to check your progress during treatment.

SYMPTOMS:

- Feeling tired all of the time despite getting adequate sleep, getting tired easily, or sleeping more than usual
- Fever, especially in the late afternoon or evening
- Swollen glands in the neck, armpits and groin
- Severe sore throat due to enlarged tonsils or lymph glands making it difficult to swallow
- Headache
- Red rash in the mouth or on the body

CARE:

Since Mono is caused by a virus, there is no medication that will cure it.

- **MEDICATION** may be used to control signs of infection, to reduce swelling in the tonsils or throat, and to help you feel better, but it does not cure mono. Take medication as directed.
- Use **TYLENOL** or **ADVIL** or **MOTRIN** to treat fever. Do not use aspirin.
- **WASH YOUR HANDS** with soap and water or an alcohol based sanitizer to prevent spreading infection. Cover coughs and sneezes with a tissue.
- Avoid kissing and sharing drinks, utensils, and cigarettes.
- **REST** is very important. Avoid activities that make you tired or feel worse.
- **AVOID CONTACT SPORTS** or heavy lifting as these may cause your spleen to rupture for at least 1 month. Check with the triage nurse at NMC before you begin these activities again.
- Throat **LOZENGES** or warm salt water gargles can ease a sore throat.
- **DRINK** plenty of **FLUIDS**.
- **DO NOT DRINK ALCOHOL** (may cause liver damage).
- Eat **SOFT FOODS** like bananas, applesauce, potatoes, oatmeal, or noodles.
- If you develop a **RASH**, it usually goes away in a few days. If you have concerns, contact Norton Medical Center at 508-286-5400.

Most people with mono **get better with rest and possibly medication** to treat infection.

Call Norton Medical Center (508-286-5400) if you experience:

- Sudden onset of **STOMACH** or **ABDOMINAL PAIN**
- **FEVER** of more than 101 degrees Fahrenheit for 3 days
- **YELLOW** skin or eyes
- Difficulty **SWALLOWING** or **BREATHING**
- Symptoms that get **WORSE**