

Mononucleosis

Mono Facts

Infectious mononucleosis (mono) is a common viral infection of childhood and adolescence. A health care provider can diagnose mono with a blood test, which may need to be repeated.



The most common symptoms are:

- ❖ Sore throat/swelling of tonsils
- ❖ Swollen glands in neck, armpits and/or groin
- ❖ Fatigue
- ❖ Fever
- ❖ Jaundice (yellow skin/eyes)

Mono develops about 4–6 weeks after contact with an infected person’s saliva (kissing, sharing beverages, toys, etc).

Bedrest, staying at home, and avoiding sports and strenuous activities for several weeks is generally recommended. The virus may remain in the throat for up to a year.

Consult your healthcare provider if you or a family member are experiencing symptoms of mono.

Source: Oakland County Health Division, 6/00

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