



THE FACTS:

Infectious Mononucleosis (MONO)

What Is It?

An infection that causes fatigue, fever, sore throat and swollen glands. It commonly occurs in teenagers and young adults.

How Does It Spread?

The virus causing Mono is found in the saliva of the infected person. "Kissing Disease" is a common nickname as contact with infected saliva may spread the disease. It is also spread by sharing articles soiled by the infectious saliva.

What To Do If You Think You Have It

- Consult your doctor
- Stay home from school/work until the fever has gone
- Increase activities as fatigue level allows
DO NOT OVER EXERT
- Do not share food or drinks
- Good handwashing helps reduce the spread of the infection
- Avoid contact sports unless approved by your doctor

**For Further Information Contact the Infectious Disease Program at 625-8318
or toll free 1-888-294-6630, ext. 8318.**

