

Infectious Mononucleosis

Also called: Glandular fever, Kissing disease, Mono, Mononucleosis



Infectious mononucleosis, or "mono", is an infection caused by the Epstein-Barr virus. The virus spreads through saliva, which is why it's sometimes called "kissing disease." Mono occurs most often in 15 to 17-year-olds. However, you can get it at any age.

Symptoms of mono include

- Fever
- Sore throat
- Swollen lymph glands

Sometimes you may also have a swollen spleen. Serious problems are rare. A blood test can show if you have mono.

Most people get better in two to four weeks. However, you may feel tired for a few months afterward.

Treatment focuses on helping symptoms and includes medicines for pain and fever, warm salt water gargles and plenty of rest and fluids.

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