

Mononucleosis

What is mononucleosis?

- Mononucleosis is caused by the Epstein-Barr virus (EBV), also known as human herpesvirus 4.
- It is one of the most common human viruses.
- Most people get infected with EBV at some point in their lives.

What are the symptoms?

- Symptoms of mononucleosis may include:
 - fatigue
 - fever
 - sore throat
 - swollen lymph nodes in the neck and/or armpits
 - enlarged spleen (pain in left upper stomach area)
 - swollen liver
 - rash

How does mononucleosis spread?

- Mononucleosis spreads most commonly through bodily fluids, primarily saliva, such as:
 - Kissing
 - Sharing drinks and food
 - Sharing contaminated cups, water bottles, straws, eating utensils, toothbrushes, or toys
- Mononucleosis can also spread through blood and semen during sexual contact, blood transfusions, and organ transplantations.
- The virus survives on an object at least as long as the object remains moist.
- There is no evidence that disinfecting the objects will prevent the spread of this virus.
- The first time you get infected with mononucleosis you can spread the virus before you have symptoms and continue spreading it for weeks.
- Once the virus is in your body, it stays there. If the virus reactivates, you can potentially spread the virus to others no matter how much time has passed since the initial infection.

How do I stop the spread?

- There is no vaccine to protect against mononucleosis.
- There is no specific treatment, but some things can be done to help relieve symptoms, including:
 - Drinking fluids to stay hydrated
 - Getting plenty of rest
 - Taking over-the-counter medications for pain and fever

Where can I find more information?

- Go to cdc.gov and type Epstein-Barr Virus, EVB, or Mononucleosis in SEARCH box.



Alabama Department of Public Health

Infectious Diseases & Outbreaks Division, 201 Monroe St, Montgomery, AL 36104

800-338-8374 www.alabamapublichealth.gov/infectiousdiseases 11/01/2017