

# Mononucleosis

## WHAT IS MONONUCLEOSIS?

## WHAT ARE THE SYMPTOMS?

Mononucleosis, also known as "mono" or "the kissing disease", is caused by a germ that often causes more severe disease in high school and college students. Most people who get the disease often recover in 2-4 weeks.

fever

sore throat

fatigue

swollen lymph nodes

## HOW CAN I GET MONONUCLEOSIS?

Coming into contact with secretions from the nose, mouth, or throat of an infected person

Coming into contact with saliva from an infected person, either through sharing cups, utensils, or kissing

## HOW CAN I PREVENT GETTING MONONUCLEOSIS?



Wash hands properly with soap and water after coming in contact with saliva from another person

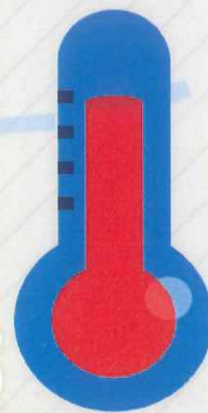
Wash toys well

Do not share utensils, toothbrushes, or cups with another person

More Info:



CDC  
<https://www.cdc.gov/epstein-barr/>



ARIZONA DEPARTMENT  
OF HEALTH SERVICES