

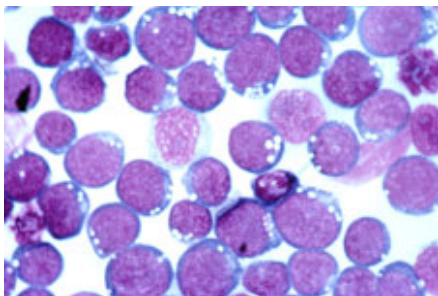
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## How Long Will I Be Sick?

Some people have mono and recover without knowing that they have had it. But if you have a sore throat, or fever you should feel better within a few days to two weeks. The length of time you remain weak or tired is variable. Most will be somewhat tired for one to four weeks following the few days of fever at the beginning of the illness.

Getting through mono may be both challenging and lengthy. But if you rest when your body tells you to, you can lessen the chances of complications and get back your life.



### Mission Statement

The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

### Pat Walker Health Center University Health Services

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University Health Services

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## MONONUCLEOSIS



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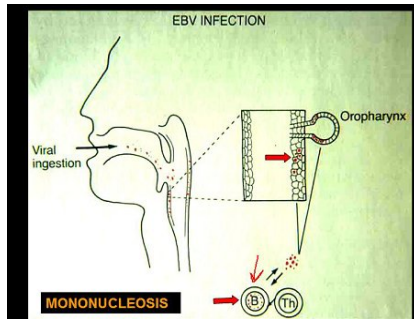
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## MONO (mononucleosis)

### What Causes Infectious Mononucleosis?

Mono is caused by a virus called the Epstein-Barr Virus, which can be found in some other diseases also. There is some evidence that there are carriers, people who are not sick themselves but who harbor the causative agent, who can pass the disease to other people by their saliva and perhaps by other means.



### How is Mono Diagnosed?

The diagnosis is confirmed with a laboratory test. On the blood smear "atypical lymphocytes" are seen in abnormal quantities. The "Mono Sport" test is an agglutination blood test, it may take a week or longer after you develop fever before this test becomes positive; therefore, if your test is not positive at first - your doctor may repeat the test later.

### What are the Symptoms?

Mono can be confused with a variety of other diseases because of its many symptoms. The most common symptoms include fever, sore throat, "swollen glands" (enlarged lymph nodes in the neck or elsewhere), and extreme fatigue. One or more of these symptoms may be absent, and in addition, you may have a rash, an enlarged spleen, and even jaundice (yellowing of the eyes and skin).

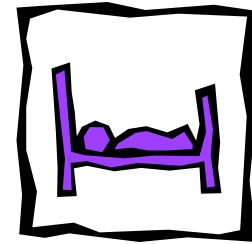
### What treatment can I do to help these symptoms?

Since there is no known cure for mono, treatment is directed toward the relief of symptoms. Cold drinks and frozen desserts are both ways to relieve sore throat symptoms. Doctors also recommend gargling with saltwater (about half a teaspoon salt to 8 ounces of warm water) and sucking on throat lozenges available over the counter in pharmacies and other stores.

Avoid strenuous exercise and contact sports, avoid alcohol entirely, increase fluid intake, eat balanced meals, and follow up care with a physician

For fever and aches, you can take acetaminophen (Tylenol and others) or ibuprofen (Advil, Motrin, and others). If you're under 20, don't take aspirin unless your doctor approves.

Some people have "Strep Throat" at the same time, in which case an antibiotic is needed. About one-third of people with Mono do not have to go to bed, since their symptoms are mild.



Others may have to rest in bed for 1 week but rarely as long as 2 weeks. If throat or tonsils are infected, a throat culture should be taken so the doctor can prescribe an appropriate antibiotic.

