

What is “Mono?”

Mononucleosis is a viral infection. The Epstein Barr virus is responsible for over 95 percent of mono cases in college students. Common symptoms include:

- Sore throat
- Fatigue
- Swollen glands
- Fever
- Loss of appetite
- Depression
- Lack of motivation

The virus is spread mainly through saliva. Sharing a drink and kissing on the mouth are known methods of transmission. Sharing a classroom or residence hall with someone with mono does not increase your chances of getting sick. Stress, lack of sleep, and malnourishment will increase your risk because your immune system is not able to fight exposure to mono.

If you think you might have mono, visit the Student Health Center. Since mono is a virus, an antibiotic will be of no benefit. Rest and fluids are the best treatment. You may be prescribed steroids if airway obstruction is an issue. No contact sports while you have mono.

Symptoms usually last for one or two weeks. If you are not resting, it could last for months. Most students with mono can continue to attend classes. If you feel too sick to attend class, consider contacting your professors so they can accommodate you academically until you recover.

Questions? Call the Student Health Center at 614-823-1345.