

# Mononucleosis: “Mono”

## Home Care Instructions

- **Get plenty of Rest**
- **Treat symptoms** of fever, sore throat, and/or achy muscles with Tylenol (if not allergic or pregnant)
- **Drink Plenty of fluids:** clear liquids and other room-temperature fluids such as apple juice

### *-Fever*

- Temp above 98.6F
- Limit activities and REST as much as possible
- Drink Plenty of fluids to prevent dehydration and replace electrolytes (Gatorade is a good option)
- Monitor and record temp if symptoms change

### *-Medications*

- For fever/aches & pain/inflammation:
  - Tylenol (Acetaminophen) 325mg: 1-2 tabs every 4hrs as needed (do not exceed more than 4000mg in a 24hr period)
  - Motrin/Advil (Ibuprofen) 200mg: 1-2 tabs every 6hrs as needed
- For sore throat: gargle salt water or use throat lozenges

### *-Symptoms:*

- Tiredness, weakness
- Fever
- Sore throat
- Tender or swollen lymph nodes in the neck or armpits
- Swollen tonsils
- Rash
- Sore muscles or stiffness
- Headache
- Loss of appetite, nausea
- Dull pain in the stomach area

## WARNING SIGNS:

### When to Seek Medical Attention

- a temperature of 103°F (39.4°C) or higher
- Has a fever that lasts more than 3 days
- Has had a seizure caused by the fever
- Experiences difficult or rapid breathing.
- Cannot be soothed or shows signs of irritability or restlessness.
- Seems unusually drowsy, listless, or unresponsive.
- Has trouble eating, drinking, or swallowing.
- Stops breathing, even for an instant.
- Shows signs of severe chest or abdominal pain
- Yellowing of skin or whites of eyes

### Patient Education: Prevention

- Wash your hands with warm water and soap often
- Limit contact with other people
- Avoid sharing utensils, drinks, and avoid kissing
- Clean dishes and eating utensils separately in very hot, soapy water. Or run them through the dishwasher

### For Your Information

- Mononucleosis is caused by a germ called the Epstein-Barr virus.
- Mono can be spread through contact with saliva, mucus from the nose and throat, and sometimes tears
- Because it is a viral infection, antibiotics won't cure mono
- Symptoms usually last for a few weeks, sometimes last for one to two months. You may be tired or weak for some time even after symptoms are gone
- In some cases, mono can cause problems with the liver, spleen, or heart. So it is important that mono be diagnosed and to monitor symptoms carefully.

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