

## Can Mono be cured?

Mono can be **treated**, not cured. The traditional methods of treating Mono are increased rest, and Aspirin, Advil or Ibuprofen to decrease fever and muscle aches. Some cases of Mono are complicated by streptococcal throat infections which require antibiotic treatment.

## Can I drink alcohol?

Your physician may advise you not to consume alcohol while you are ill.

## When can I kiss?

This is a difficult question to answer. It is advisable to at least refrain from kissing while there are active symptoms present (i.e. sore throat, fever, swollen glands). Mono may be contracted from carriers (someone who has the organism causing the disease, but who does not become ill).

If symptoms described here make you suspect you have Mono, don't panic or self-diagnose. Seek medical advice through HCS or your family physician.

## CU Healthy

**HCS** wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website ([carleton.ca/health](http://carleton.ca/health))
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or [cu\\_healthy@carleton.ca](mailto:cu_healthy@carleton.ca).



2600 CTTC Building  
613-520-6674  
[carleton.ca/health](http://carleton.ca/health)



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# Infectious Mononucleosis

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## What causes mono?

Mono is caused by a specific virus called the Epstein-Barr virus. The virus is spread through oral secretions which is why Mono is often called “the kissing disease.” The virus is not highly contagious so roommates or family members are unlikely to develop Mono unless there is close contact.



The incubation period (time from contact with the virus until sickness begins) averages 25 days. Once an individual has Mono, there is generally permanent protection against having Mono again.

## How Did I Get Mono?

Infectious mononucleosis is spread through saliva. It is difficult to tell who passed the infection to you because only about a third of the people who become infected with EBV develop classic mono. An infected person who never gets ill can unknowingly give the virus to others. Also, people who have had mono can still have the virus in their saliva long after the illness is over. Typically, the virus is present in the saliva for about 30-45 days, but it can appear on and off in the saliva for up to 18 months in some people.

## How does my physician know I have Mono?

Diagnosis depends on complaints and observations on actual examination. Confirmation is based on positive blood tests. It may take a week or longer after you develop a fever before your blood test becomes positive.

## How is Mono Treated?

Antibiotics are not useful in treating viral diseases like mono. While there's no injection or pill to cure mono, your body should be able to successfully fight the infection if you take proper care of yourself while sick.

## Does my roommate need to worry about catching Mono from me?

No - at least not through casual contact. In fact, studies have shown that roommates of people who have Mono have no greater chance of getting Mono than anyone else on campus. There is no need to quarantine people who have mono because it is not highly contagious.

## How long will I be sick?

The length of illness varies greatly from person to person. About one-third of university students who have mono never need to stay in bed because their cases are so mild. They may even be able to go about their usual activities because the only effects of the disease are enlarged lymph nodes, blood changes, and perhaps minor sore throats and fatigue. You should be functioning normally within two weeks if your symptoms keep you in bed. However, more bed rest is needed due to complications in some cases.