



MONO

WHAT IS IT?

IS A VIRAL INFECTION THAT IS SPREAD THROUGH SALIVA. IT IS MOST COMMON IN TEENAGERS AND YOUNG ADULTS.

WHAT IT LOOKS LIKE

FATIGUE, FEVER, SORE THROAT, SWOLLEN LYMPH NODES, AND SWOLLEN TONSILS. SOME PEOPLE MAY ALSO EXPERIENCE A RASH OR ABDOMINAL PAIN.

PREVENT MONO

MONONUCLEOSIS CAN BE PREVENTED BY AVOIDING CLOSE CONTACT WITH PEOPLE WHO ARE INFECTED, NOT SHARING DRINKS OR UTENSILS, AND PRACTICING GOOD HAND HYGIENE.