



Mononucleosis (“Mono”)

A common cause of fatigue in students is **infectious mononucleosis**, an acute viral disease.

Signs & Symptoms

- Fatigue.
- Fever.
- Sore throat.
- Swollen lymph gland in the neck area.
- Pain in the upper left abdominal area.

Symptoms usually last several weeks.

Cause

Epstein-Barr virus (EBV). This is spread from person to person through contact with saliva from a person recently infected with the disease. The saliva can be picked up from hand-to-hand contact, sharing eating utensils, and kissing, which is why “Mono” is called the “kissing disease.” Symptoms usually appear about 4 to 6 weeks after exposure.

Treatment

Rest is the mainstay of treatment. Avoiding heavy lifting and contact sports is necessary, because there is a risk of rupturing the spleen with “Mono.”