Date:   February 10, 2012
Re:     Mononucleosis
To:     Students, Faculty, and Staff
From:   Rochelle McFerguson RN Director Student Health Clinic
         Dr. Randy Pastor D.O. Medical Director Student Health Clinic

During the past few weeks UCA Student Health Clinic Providers have seen and treated an unusually high number of patients with Mononucleosis commonly known as Mono. With this in mind we would like to issue a caution and give information about the disease, signs and symptoms, preventive measures, and what to do if you suspect you have it.

**Mononucleosis:** Sometimes referred to as “Mono” or the “Kissing disease” is an infectious viral disease that usually affects the throat, liver and spleen. There is no cure for Mono since it is a virus but it usually clears up without complications in 3-6 weeks.

**Signs and Symptoms:** Include fever, fatigue, sore throat, appetite loss, headache, general aches, and swollen lymph glands in the neck, underarms, or groin.

**Causes:** A contagious virus (Epstein-Barr virus). It is passed from person to person by close contact especially with infected saliva such as kissing, sharing food, drinks, lip balms or lipsticks and coughing.

**Preventive Measures:** Avoid close contact with those known to have Mononucleosis. Do not eat or drink after anyone and do not allow anyone to eat or drink after you. Refrain from sharing personal items such as lipsticks, lip balms, toothbrushes, or cigarettes.

**Diagnosis and Treatment:** A Health care provider will perform a physical exam and ask questions about your symptoms. There is a test to determine if you have Mononucleosis. Treatment involves treating the symptoms and getting plenty of rest and fluids especially if you have a fever. Drink plenty of fluids at least 8 glasses per day. Over the counter products for fever and aches are recommended such as acetaminophen (Tylenol). Avoid using aspirin.

**Contact the UCA Student Health Clinic at 501-450-3136 for more information or to make an appointment or go online at www.uca.edu/studenthealth**