

Infectious mononucleosis (mono) is often called the kissing disease. The virus that causes mono is transmitted through saliva, so you can get it through kissing, but you can also be exposed through a cough or sneeze, or by sharing a glass or food utensil with someone who has mono. Signs and symptoms of mononucleosis may include:

- Fatigue
- Weakness
- Sore throat, perhaps a strep throat that doesn't get better with antibiotics
- Fever
- Swollen lymph nodes in your neck and armpits
- Swollen tonsils
- Headache
- Skin rash
- Loss of appetite
- Soft, swollen spleen
- Night sweats
- The virus typically has an incubation period of four to eight weeks; meaning the time a person is exposed to when he or she experiences symptoms. Signs and symptoms such as fever and sore throat usually lessen within a couple of weeks, although fatigue, enlarged lymph nodes and a swollen spleen may last for a few weeks longer.
- There's no specific therapy available to treat infectious mononucleosis. Antibiotics don't work against viral infections such as mono. Treatment mainly involves bed rest and adequate fluid intake.
- Prevention is hand washing, cover mouth and nose when sneezing or coughing, and avoid sharing food, dishes, glasses and utensils.