

Soundbite Script – Kiss mononucleosis goodbye

Breanne Gendron, nurse practitioner, OSF HealthCare

“Mono is a viral illness that people between 15 and 24 typically get that is spread by another person’s infected saliva. It causes a sore throat, headache, fatigue, swollen glands in your neck, and it makes people feel generally unwell.” (:20)

Breanne Gendron, nurse practitioner, OSF HealthCare

“When you come in to see your provider, they may swab you for strep to rule it out because strep is caused by a bacteria and requires an antibiotic. Mono is caused by a virus and just needs time and over the counter medication to be comfortable. So we want to figure out the difference. Sometimes it's obvious depending on how swollen the lymph nodes are in the neck, but we rule that out in your visit.” (:25)

Breanne Gendron, nurse practitioner, OSF HealthCare

“The nickname for mono was the kissing disease because it's caused by saliva so you can get it from kissing, sharing a cup, or if your toothbrushes are touching in the cupholder. Anything that involves saliva sharing would cause mono to spread. The long name for mono is mononucleosis and it's caused by the Epstein Barr Virus. It can be caused by other viruses too, but more commonly, the Epstein Barr Virus is the offending organism.” (:26)

Breanne Gendron, nurse practitioner, OSF HealthCare

“The best way to avoid mono is to avoid sharing water bottles and cups. Avoid ill people and wash your hands regularly.” (:07)