

Mononucleosis

Date: _____

Grade: _____

Dear Parent/Guardian:

We have a reported case of Mononucleosis in your child's classroom.

Symptoms: Fever, sore throat, swollen glands (especially behind the neck), headache, tiredness, and sometimes a rash. Less common symptoms are jaundice (yellowing of the skin or eyes) and/or enlarged spleen or liver.

Transmission: From person to person through saliva

Incubation Period: 4-6 weeks

Contagious Period: From many weeks to a year or more

Exclusion from School: No exclusion is necessary. Health care provider should determine when child can return to school and if any activity restrictions are necessary.

Treatment: Child needs to be seen by health care provider for proper diagnosis and treatment. Health care provider may suggest bed rest or restrict activity.

Thank you,

School Nurse