

Dear Parents

Mono is a virus spread by saliva. This can be through kissing or direct contact with saliva by sharing eating utensils, toothbrush, straw, etc.

The symptoms will appear 4-7 weeks after infection with the virus. Symptoms of mono are general and may include:

- Constant fatigue
- Fever
- Sore throat
- Loss of appetite
- Swollen lymph nodes (located in the groin, underarms and neck)
- Headaches
- Sore muscles
- Enlarged liver or spleen
- Skin rash
- Abdominal pain

Even if your child has several of these symptoms, don't try to diagnose yourself. Always consult your doctor if you have a fever, sore throat, and swollen glands. There is no cure for mono since it is a virus. The virus will usually go away in 3-4 weeks. The best treatment is to get plenty of rest, take tylenol or ibuprofen for the fever and discomfort. Be sure to stay well hydrated during any illness. Doctors also recommend avoiding sports for at least 1 month after the illness due to the spleen enlargement. An enlarged spleen can be ruptured easily. If your child is diagnosed with mono they only need to be excluded from school if he/she has a fever. The time they are contagious is unknown. If diagnosed with mono we do need to have a note from your doctor stating when it is okay to participate in PE.

As always take precautions, wash hands often, and cover your nose and mouth when you sneeze or cough, and don't share eating utensils. When it comes to illness this is one time we ask you not to share.

The above information is just for your benefit. Please don't send your child to school if he/she is sick. If you have any questions please contact your school nurse.

Thank you,

Penni Allen, RN
Clinical Coordinator