



Mononucleosis Parent Letter

Date: _____

To Parent/Guardian of: _____

A student in your child's classroom has been diagnosed with mononucleosis. Although this disease is a mildly contagious disease, it is important that you know the following information.

What to look for: Symptoms of mononucleosis include fever, sore throat, loss of appetite, and fatigue; occasionally a skin rash develops and swelling of lymph nodes (glands around the neck) is apparent. Occasionally this disease is accompanied by strep throat. Symptoms of streptococcal sore throat include sudden onset of fever, sore throat that did not begin with a runny nose, swelling of the glands in the neck, and complaints of a stiff neck.

How the bacteria is spread: Mononucleosis is spread by saliva and discharges from the mouth and throat. Practices such as coughing, sneezing, and kissing can spread the disease. Direct contact, such as eating or drinking after an infected person or handling his/her personal items such as used Kleenex, etc. should be avoided.

How long after exposure a person shows symptoms: Usually 4-6 weeks

How long a person is contagious: Most are no longer communicable once treatment is started and the person is released by the doctor.

Exclude from attendance: Yes, until released by the doctor

These illnesses are usually not serious; however, people with mononucleosis are often experience great fatigue. After released from the doctor, they usually need to begin back to normal routine gradually.

Thank You,

School Nurse

Principal