



Dear Parent or Guardian:

Mononucleosis is a common viral illness transmitted by a person's saliva. Mono is spread through kissing, coughing, sneezing, and any contact with the saliva of a contagious person – such as sharing a straw, drinking glass, eating utensil, or toothbrush. It is imperative to teach your student to not share food, drinks, utensils, or lip balm/lip stick with their classmates, friends, and family. Encourage frequent hand washing as well as coughing into tissue or their elbow.

Mononucleosis, or mono, is caused by the Epstein-Barr virus (EBV), a common virus that most kids are exposed to at some point while growing up. Infants and young kids infected with EBV usually have very mild symptoms or none at all. But teens and young adults who become infected often develop more severe flu like symptoms. These symptoms usually go away on their own after a few weeks of resting and drinking plenty of fluids.

These symptoms include fever, sore throat with swollen tonsils, fatigue, weakness, and swollen lymph nodes in the neck and underarms or groin. Symptoms are often mistaken for strep throat or the flu. Other symptoms include headache, sore muscles, reduced appetite, skin rash and abdominal pain.

To diagnose mono, the health care provider may do a blood test and physical exam. The best treatment for mono is plenty of rest, especially early in the illness when symptoms are the most severe. Acetaminophen or ibuprofen can help to relieve a fever and aching muscles.

In most cases, mono symptoms go away in a matter of weeks with plenty of rest and fluids. If they seem to linger, or if you have any other questions, call your child's medical provider.

If you have any questions, or would like to inquire about a health care plan for your student, please call your school nurse.

Sincerely,

School Health Services  
Reference: KidsHealth.org

