

Exposure Notice to Families - Mononucleosis

Dear Family:

Your child may have been exposed to **Mononucleosis**. A viral illness commonly know as “mono”.

What are the symptoms? Very mild to none in younger children. Fever, sore throat, fatigue and swollen lymph nodes. Generally not feeling well. Symptoms may last from one to several weeks.

How is it spread? Person to person contact with the saliva of an infected person (such as kissing or sharing contaminated items).

When do symptoms start? About 4-6 weeks after exposure.

Need to keep child home? No, unless child presents with fever and/or is unable to participate in activities.

If your child shows any of these signs, he/she should be seen by your Health Care Provider. Be sure to tell your provider that your child was exposed to mononucleosis. Your child's doctor may need to do a lab test to clarify diagnosis. There is no specific treatment for mononucleosis. If your child is diagnosed with mononucleosis please notify your Head Start/ECEAP teacher.

Staff _____ Phone _____

Center _____