

Date \_\_\_\_\_

Dear Parents/Guardians:

A student in your child's class has been diagnosed with mononucleosis (mono). Mononucleosis is caused by a virus. Symptoms can include sore throat, tiredness, fever, and enlarged lymph nodes. Young children who contract this illness may not have any symptoms or may have very mild symptoms. The virus is transmitted via saliva. There is no specific treatment other than rest and attention to comfort. Common hygiene practices help in controlling the spread of this virus. These include frequent hand washing and avoidance of sharing drinks and food, mouth to mouth kissing, and putting objects in mouths. Children are often excluded from school while they do not feel well and return on advice from their physician.

If your child develops the above symptoms you can inform your child's physician about this situation.

Sincerely,

\_\_\_\_\_

School Nurse