

## Infectious Mononucleosis

Infectious mononucleosis, or “mono” is caused by the Epstein Barr Virus (EBV) which often has no symptoms or such mild symptoms that it is presumed to be just a cold. Most adults have been exposed to this virus in the past and are immune. EBV is spread through intimate contact with saliva, not usually through the air. The incubation period for mono is four to six weeks. Please monitor your student’s health and see a doctor if you suspect mono.

The usual symptoms of mono include:

- Fever
- Sore throat
- Swollen lymph nodes
- Fatigue

If your child is diagnosed with mono, please inform Nurse Ann Stillwater(link) know so that we can monitor the severity of the outbreak. After the initial infection period, doctors often allow children to return to school. No special precautions or isolation procedures are recommended, since the virus is also found frequently in the saliva of healthy people.

Please teach your students not to share drinking containers or engage in other activities that share germs. Also encourage your students to wash their hands frequently, cover their mouths with their shoulder or elbow when sneezing or coughing, and to get plenty of rest and good nutrition to help them stay healthy.

If you would like more information about mono visit;  
<http://www.cdc.gov/ncidod/diseases/ebv.htm>