

CANNON FALLS AREA SCHOOLS

HEALTH OFFICE

Dear Parent/Guardian: There is a child in your child's class who has been diagnosed with mononucleosis.

MONONUCLEOSIS (INFECTIOUS)

Infectious mononucleosis is a very mild illness in infants and young children. Often there are no signs or symptoms.

CAUSE: Epstein-Barr virus (EBV); about 5-7% of cases are caused by cytomegalovirus (CMV)

SYMPTOMS: In young children there are often no signs or symptoms; however, symptoms may include fever, sore throat, swollen glands (especially behind the neck), headache, and tiredness. Sometimes there is a rash. Young adults may have jaundice (yellowing of the skin or eyes) and an enlarged spleen. Infectious mononucleosis usually lasts from one week to several weeks.

SPREAD: Person-to-person, through saliva. Spread can occur by kissing or sharing items contaminated with saliva (e.g. drinking cups, bottles, or toys).

INCUBATION: It takes about 4 to 6 weeks from the time a person is exposed until symptoms develop.

CONTAGIOUS PERIOD: From many weeks to a year or more. Some adults are carriers of the virus.

EXCLUSION FROM SCHOOL: Until the child is well enough to return to normal activities. Because children can have the virus without any symptoms, and people can be contagious for an extended period of time, excluding children (or staff) who have mononucleosis will not prevent spread,

PREVENTION/CONTROL:

1. Wash hands thoroughly with soap and warm running water after any contact with saliva or items contaminated with saliva.
2. Clean and disinfect mouthed toys at least daily and when soiled.
3. Diagnosis: See your healthcare provider. Blood tests are available, but may be difficult to interpret in children less than 4 years of age.
4. Treatment: Discuss supportive therapy with your healthcare provider.