

From the School Nurse...

Mamaroneck Union Free School District

EXPOSURE NOTICE Mononucleosis

Date: _____

Dear Parent/Guardian:

Your child may have been exposed to mononucleosis. Mononucleosis is a virus that is characterized by fever, sore throat, malaise (generally not feeling well), swollen glands and fatigue. Mono is transmitted person to person via saliva. The incubation period following exposure is 4 to 6 weeks. It also appears to be only mildly contagious.

There is no specific treatment for mono. Symptoms are usually relieved by simple remedies, such as Tylenol for general aches and pains and fever. Acute symptoms generally disappear within 7 to 10 days, and the persistent fatigue subsides within 2 to 4 weeks. Affected youngsters are instructed to regulate activities according to their own tolerance. If the spleen is enlarged, activities in which they might receive a blow to the abdomen or chest are avoided.

Children presenting with the above symptoms should see their doctor for proper diagnosis. If your child is diagnosed with mononucleosis, please inform your school nurse.
