Date

Dear Parent or Guardian:

Your child may have recently been exposed to **mononucleosis**. Mononucleosis is caused by the Epstein-Barr virus and is commonly known as “mono.”

**What are the symptoms of mononucleosis?**

Symptoms are usually mild or with no symptoms in young children. Older children and adults may have a fever, sore throat, fatigue, and swollen lymph nodes. These symptoms may last from one to several weeks.

**How is mononucleosis spread?**

Mononucleosis is spread by person-to-person contact with the saliva of an infected person. This could be through ways such as kissing on the mouth or sharing objects contaminated with saliva (like toys, toothbrushes, cups, bottles).

**How is mononucleosis diagnosed and treated?**

Mononucleosis is usually diagnosed by a healthcare provider based on the symptoms. A blood test might be done to confirm the diagnosis. No specific treatment is available. Most people with mononucleosis require only general comfort measures to help ease symptoms. It is important to get plenty of rest. Most medical providers recommend that athletes avoid contact sports for the first three to four weeks after getting sick. Talk to your child’s doctor prior to returning to strenuous exercise and sports.

**How do you control the spread?**

* Wash hands frequently and thoroughly.
* Avoid sharing of objects contaminated with saliva, like drinking cups, eating utensils or toys.
* Discourage kissing children on the mouth.
* Clean and sanitize toys and utensils after each child has used them.
* Exclusion of children with mononucleosis from school and childcare is generally not necessary.
* If the child is too sick to take part in normal activities, they should be kept at home.

**How do I get more information?**

For more information about mononucleosis, contact your healthcare provider.