Mononucleosis Illness Notification Recommendations

The verbiage below can be used to notify parents of *one or more cases of mononucleosis in a classroom*. Include this fact sheet with the notification: milivcounty.gov/wp-content/uploads/Mononucleosis.pdf.

School Name: (Include school name here)
Classroom: (Include classroom name here)

Date: (Include date here)

Dear Parent and/or Guardian:

At least one student in your child's classroom has been diagnosed with Mononucleosis.

About Mononucleosis:
Mononucleosis or "Mono" is a viral illness caused by the Epstein-Barr virus. It occurs primarily in adolescents and young adults. Mononucleosis is mildly contagious and is usually spread through bodily fluids, like saliva. Common symptoms include fever, extreme fatigue, sore throat, head and body aches, and swollen lymph nodes in the neck and armpits. There is no vaccine to protect against infectious mononucleosis.

Next Steps for Your Family:
Over the next 4 to 6 weeks, watch your child for symptoms of mononucleosis. Seek treatment from a healthcare provider if your child has symptoms.

Tips to Reduce the Spread of Mononucleosis:

- Children should avoid group activities if they have a fever, extreme fatigue, sore throat, or body aches. Children with these symptoms should be evaluated by their primary care doctor.
- Children should avoid sharing drinks or food. They should also avoid sharing personal items unless they have been cleaned and disinfected.
- Remind your child to cover their mouth when they sneeze or cough.
- Encourage good hand hygiene. Wash hands with soap and water for at least 20 seconds.
- Clean surfaces with soap and water. Then use a store-bought disinfectant or homemade solution, being sure to leave disinfectant on the surface for one minute before wiping dry. To make a homemade disinfectant solution: combine 1 gallon of water with 1/3 cup household bleach.
- Wash and dry clothing, linens, towels, and soft toys at the highest temperature recommended for the fabric.
- Read When and How to Clean/Disinfect Your Home.

If you have any questions, contact your healthcare provider or Livingston County Health Department at 517-546-6882.