

Charleston Public School
P.O. Box 188
Charleston, AR 72933



11/02/2016

Parents,

We are sending this letter home to inform you that we have confirmed cases of Mononucleosis in our school. Please review the information below. We ask that you keep your child home if they have a temperature over 100.0 degrees, and do not return to school until they are fever free for 24 hours without the use of fever reducing medications. Please encourage your child not to share any drinking cups or water bottles to limit exposure. We are cleaning the water fountains several times a day. Also remind your child to wash their hands several times a day. For further questions or concerns please call the school nurses office @ 479-965-2460.

Dusty Smith, RN
Charleston School Nurse

Infectious mononucleosis (mono) is often called the kissing disease. The virus that causes mono is transmitted through saliva, so you can get it through kissing, but you can also be exposed through a cough or sneeze, or by sharing a glass or food utensils with someone who has mono. However, mononucleosis **isn't** as contagious as some infections, such as the common cold.

You're most likely to get mononucleosis with all the signs and symptoms if you're an adolescent or young adult. Young children usually have few symptoms, and the infection often goes unrecognized.

If you have mononucleosis, it's important to be careful of certain complications such as an enlarged spleen. Rest and adequate fluids are key to recovery.

Signs and symptoms of mononucleosis may include:

- Fatigue
- Sore throat, perhaps a strep throat that doesn't get better with antibiotic use
- Fever
- Swollen lymph nodes in your neck and armpits
- Swollen tonsils
- Headache
- Skin rash
- Soft, swollen spleen

The virus has an incubation period of approximately four to six weeks, although in young children this period may be shorter. Signs and symptoms such as a fever and sore throat usually lessen within a couple of weeks, but fatigue, enlarged lymph nodes and a swollen spleen may last for a few weeks longer.

Besides getting plenty of bed rest, these steps can help relieve symptoms of mononucleosis:

- **Drink plenty of water and fruit juices.** Fluids help relieve a fever and sore throat and prevent dehydration.
- **Gargle with salt water.** Do this several times a day to relieve a sore throat. Mix 1/2 teaspoon salt in 8 ounces (237 milliliters) of warm water.

Wait to return to sports and some other activities

Most signs and symptoms of mononucleosis ease within a few weeks, but it may be two to three months before you feel completely normal. The more rest you get, the sooner you should recover. Returning to your usual schedule too soon can increase the risk of a relapse.

Ask your doctor when it's safe for you to resume your normal level of activity. Your doctor may recommend a gradual exercise program to help you rebuild your strength as you recover.

Mononucleosis can last weeks, keeping you at home as you recover. Be patient with your body as it fights the infection.

For young people, having mononucleosis will mean some missed activities — classes, team practices and parties. Without a doubt, you'll need to take it easy for a while. Students need to let their schools know they are recovering from mononucleosis and may need special considerations to keep up with their work.

If you have mononucleosis, you don't necessarily need to be quarantined. Many people are already immune to the Epstein-Barr virus because of exposure as children. But plan on staying home from school and other activities until you're feeling better.

