

Cumberland School District

Dear Parents:

A case of Mononucleosis (mono) has been diagnosed in your child's grade. The symptoms of mono may develop slowly and may not all occur at the same time. Symptoms occur 4-6 weeks after infection and include:

- *extreme fatigue
- *fever
- *sore throat
- *head and body aches
- *swollen lymph nodes in the neck and armpits
- *rash

Mono is transmitted through body fluids, most commonly saliva. To help prevent its spread, as well as other illnesses, the sharing of food and beverages from the same container is discouraged.

If your child develops symptoms of mono, please keep him/her home and consult your healthcare provider. If mono is diagnosed, your child must have a medical release to return to school.

Mrs. Kristin Olson, RN
School Nurse