

INFECTIOUS MONONUCLEOSIS

School _____

Date _____

Dear Parent/Guardian:

A case of Infectious Mononucleosis has been reported at school. It is an infectious disease, but transmission to other students is considered unlikely. The following information is for your reference.

A virus causes Infectious Mononucleosis. The virus may affect anyone, but the infection most often occurs in people between the ages of 16 and 25 years old. It can occur as an epidemic or as a single case. It is believed to be spread by infectious saliva. The incubation period for the disease may be from 7 days to 50 days.

Symptoms of Infectious Mononucleosis may include fever, sore throat, and loss of appetite, fatigue, weakness, sore muscles, swollen lymph nodes and left-sided abdominal pain. Infectious Mononucleosis may become serious in rare cases when the spleen or other vital organ becomes affected. In most cases the symptoms disappear after 10 days, however, full recovery may take 2 to 3 months.

A physician should be consulted immediately in the presence of suspicious symptoms. Treatment is usually bed rest. Activities that require exertion (such as sports), may be restricted for several months. Increased fluid intake to help relieve fever and sore throat is usually recommended.

If you have further questions or concerns, please consult your physician.

Sincerely,

Reference: Red Book: American Academy of Pediatrics