



## KOUNTZE ELEMENTARY SCHOOL

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Dear Parents/Guardians,

A student within the school district has been diagnosed with infectious mononucleosis, also called “mono.” Although this is a common, mildly contagious virus it is important that you know the following information.

**What to look for:** In young people, the disease is often abrupt in onset with deep tiredness, aching muscles, fever, swollen tonsils, and enlarged neck glands (lymph nodes). If your child develops any of these symptoms, please contact your family physician. Usually blood tests are needed for confirmation of the diagnosis.

**How the illness is spread:** Mono is spread through direct contact with the saliva of an infected person (kissing, coughing, sneezing, sharing straws, sharing food from the same plate, etc.) or contaminated objects and surfaces. Therefore, we emphasize the need for parental enforcement of the following preventative measures:

- DO NOT eat or drink after others
- DO NOT share eating utensils or straws
- Avoid kissing anyone suspected of being ill
- Follow good hand washing practices

**Length of time after exposure before a person shows symptoms:** Usually 4-6 weeks

**Length of time a person is contagious:** Persons with infectious mononucleosis may be able to spread the infection to others for a period of weeks. However, no special precautions or isolation procedures are recommended, since the virus is also found frequently in the saliva of healthy people. In fact, many healthy people can carry and spread the virus intermittently for life.

**Treatment:** There is no specific treatment for infectious mononucleosis, other than treating the symptoms. No antiviral drugs or vaccines are available.

**Exclude from school attendance:** Yes, until fever disappears and student is released by a healthcare professional.

The symptoms related to infectious mononucleosis usually resolve in 1 to 2 months. The illness is usually not serious; however, people with mono often experience prolonged fatigue. After being released by the healthcare professional, they usually need to return to a normal routine gradually.

Thank you for your support in our efforts to keep your child and our entire student body well and disease-free.

Sincerely,

Bobette Trick, LVN

KES Campus Nurse

Principal – Thomas Cooley

Counselor – Amy Smart