[Date Here]

Dear Parent(s)/Legal Guardian(s),

This letter is to inform you that an individual in your child’s school community was recently diagnosed with “Mono”. Infectious mononucleosis, also called “mono,” or “kissing disease,” is caused by a virus. Most infected persons will not have any symptoms. Those who do have symptoms may become very fatigued or develop, fever, inflamed/sore throat, headaches, body aches, swollen lymph nodes in the neck and armpits, and rash.

Most people infected with mono get better within two to four weeks while, some people may feel fatigued for several more weeks. However, the symptoms of infectious mononucleosis can occasionally last for six months or longer.

Mono is primarily spread through bodily fluid, especially saliva, through kissing, and by sharing drinks and eating utensils. To prevent reduce risk of spread include avoiding kissing or sharing drinks, food, or personal items, like toothbrushes, with persons infected with infectious mononucleosis.

If your child or anyone in your household currently has symptoms that look like mono:

* Contact your regular health care provider to discuss symptoms.
* Contact the school nurse to report your child's mono.

If you have questions regarding this information, please contact the school nurse at: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or the Chicago Department of Public Health (CDPH) at (312) 746-6015.

Thank you for your attention to this matter.

Sincerely,

[Principal] [School Nurse]