



Health Alert

Mononucleosis

Please be aware we have confirmed cases of mononucleosis at the center. This is a disease caused by the Epstein-Barr virus and is known as mono.

Symptoms

- Fever
 - Sore Throat
 - Fatigue
 - Swollen lymph nodes
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Signs or symptoms are usually mild or there are no symptoms, especially in young children. It is spread through person-to-person contact by kissing on the mouth or sharing objects contaminated with saliva. For example, toys, toothbrushes, cups, or bottles.

Generally, children are not excluded from care unless they have a fever, are unable to participate in the activity, or have excessive drooling making it spread easily on toys or surfaces.

This is a reminder to keep sick children home where they can rest and get well.



Thank you!
Your Child Health Connection Nurse