



RE-1 VALLEY SCHOOL DISTRICT

Logan County, Colorado

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District Web Site: www.re1valleyschools.org

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Dear RE-1 Valley parents,

This letter is to answer questions regarding recent cases of infectious mononucleosis. We have had a number of students recently diagnosed with infectious mononucleosis ("mono").

Infectious mononucleosis is a virus characterized by swollen lymph glands, sore throat, and fever. Some children may not develop symptoms, but 35%-50% develop infectious mononucleosis after exposure. It is a very common disease among high school and college-aged children. It is spread through saliva. The period between exposure to this virus and the appearance of first symptoms is usually 4-6 weeks.

RE-1 Valley Schools and public health officials want to protect your children against infectious disease, and therefore we ask students and parents to be diligent with the following:

- Frequent hand hygiene (with soap)
- Avoid sharing personal items (water bottles, eating utensils etc.)
- Avoid kissing that involves transfer of saliva directly or indirectly
- Promptly dispose tissues
- Sanitize articles that may have been contaminated by throat secretions

The public health department has been contacted, and control measures have been instituted throughout the district.

For additional information, please access the following website: <https://www.cdc.gov/epstein-barr/about-mono.html> or contact the Northeastern Colorado Health Department at (970) 522-3741. For matters regarding your child, please contact the school nurse/health assistant at your child's school.