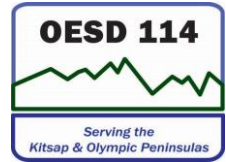




# Olympic Educational Service District 114

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## OESD Head Start / ECEAP/ Early Head Start EXPOSURE NOTICE

Date :

To: All Parents

From: Your Child's Classroom

Subject: **MONONUCLEOSIS**

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Your child may have been exposed to mononucleosis. Please watch for signs of it in the next 30 to 50 days.

**Appearance:** Fever, sore throat, swollen neck glands, headache, tiredness. Some people get a rash on their trunk. *Young children do not always have symptoms.*

**Cause:** Virus

**Spread:** By close person-to-person contact

**Treatment:** Follow doctor's recommendation. May be difficult to identify. Lab tests may be necessary. There is no specific treatment although bed rest is usually encouraged.

**Return to Class:** Follow doctor's recommendations. Child should stay home during acute phase of the illness - the time when the child does not feel well - usually about a week.

If you have questions, please contact your classroom's Family/Health Advocate, the Health Program Manager 360-478-6878, or Kitsap Public Health District Communicable Disease Nurses at 360-728-2235.

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*If staff have concerns about a child's ability to safely return to class, we reserve the right to request a note from the child's health care provider.*

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