



Home of the Meteors

Marissa C.U.S.D.#40

## Marissa Jr. Sr. High

300 School View Dr  
Marissa, IL 62257  
(618) 295-2393  
(618) 295-2276 Fax

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Dr. Kevin Cogdill, Superintendent

Mr. Vince Hughes, Principal

September 27, 2018

Dear Parents/Guardians,

This letter is to inform you of a confirmed case of mononucleosis (Mono) in our school. Mono is caused by a virus and is spread through saliva. The incubation period for this illness is 4-6 weeks. Please take note if your child exhibits any of the signs and symptoms such as: sore throat, swollen glands, fever, fatigue. Mono can also cause the liver and spleen to enlarge.

Mono can be spread up to a year or more after the initial infection. Students do not need to be excluded from school unless they have a fever of 100 degrees F or greater or are unable to take part in usual activities. Please keep your child home from school if they exhibit either one of these symptoms and see their primary physician. Help us prevent the spread of the virus by discussing the following information recommended by the Illinois Department of Public Health.

*"Talk to your child about the importance of basic hygiene measures such as covering their mouth when coughing or sneezing and frequent, proper handwashing before any activity that brings hands in contact with the mouth (eating, drinking, etc.). Emphasize the importance of proper disposal of used tissues and prompt handwashing after handling articles soiled with respiratory secretions; discourage the sharing of glasses, straws, water bottles, eating utensils, etc. Due to the risk of rupture of the spleen, contact sports should be avoided by those with mono until permission is given by the physician."*

If you have any questions regarding mononucleosis please do not hesitate to contact me at (618)295-2393 or reach me by email at [tbaker@marissa40.org](mailto:tbaker@marissa40.org).

Sincerely,

Trish Baker RN  
Marissa District #40 Nurse