



# Arrowhead Head Start Health Alert!



Dear Parent/Guardian:

Someone in your child’s classroom has the health issue below. This note is to tell you signs to watch for in your child. Call your doctor if your child has any of these signs.

If you have questions call the Head Start Health Manager, at 748-7336.

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**Mono:** Fever. Sore throat. Headache. Feeling very tired. Swollen glands. Some children have mild or no symptoms at all. It can take 4-6 weeks for symptoms to start. The illness can last many weeks and take longer to get all energy back. Antibiotics won’t make it go away because it’s caused by a virus.

**If your child has mono, he/she can come to school once able to participate in a normal day at Head Start.**

**Call your Head Start teacher or the Health Manager right away if a doctor says your child has mono.**

4/2016



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