

Dear Cornerstone Parents:

We have had reports of Strep Throat and Mono at Cornerstone. Please take your child see their doctor if they have any of the following symptoms:

Common symptoms of **strep throat** include:

- sudden fever
- sore throat (red throat with white patches)
- headache
- chills
- loss of appetite
- swollen lymph nodes in the neck
- trouble swallowing

For more information on Strep Throat, see: <http://www.cdc.gov/features/strepthroat/>

Students must be on antibiotics for 24 hours in order to return to school after a Strep Throat diagnosis.

Mono has a 4-6 week incubation period before symptoms appear and may include:

- sore throat
- fever
- swollen lymph glands in the neck and armpits
- headache
- fatigue
- muscle weakness
- swollen tonsils
- night sweats

Mono is only detected through a blood test. If your child exhibits the above symptoms, please seek medical attention. The symptoms typically last 1-2 months. For more information on Mono, see: <http://www.cdc.gov/epstein-barr/about-mono.html>