

This leaflet gives general advice. For further information please ask either the nursing or medical staff who are providing your care and treatment or contact the Infection Prevention and Control Team on 01386 502552.

If you would like this leaflet in a different language, larger print size, in audio, Braille or any other format please contact the

PALS team by phone on

☎ 01905 760020;

by letter ✉ Communications,
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**Worcestershire
Health and Care**
NHS Trust



GLANDULAR FEVER

What is it?

Your questions answered

**An Information Leaflet
for
Patients and Staff**

WHAT IS IT?

A virus (the Epstein Barr virus) causes glandular fever. It is also known as “infectious mononucleosis”. It occurs most often in teenagers and young adults.

WHAT ARE THE SYMPTOMS?

The most common symptoms are tiredness, sore throat, fever, a faint rash and enlargement of the glands in the neck. Tonsillitis is also possible. Some people may develop mild jaundice. Many people have glandular fever without noticing any symptoms at all.

IS IT INFECTIOUS?

Yes. The virus is present in saliva and it is therefore spread by salivary contact. It can be spread indirectly on hands or the environment. In teenagers and young adults it is most often (but not always) spread by kissing.

WHAT IS THE INCUBATION PERIOD?

The time from contact with the virus to actual illness is usually between 4 and 6 weeks. Often the illness is caught from someone who has no symptoms.

IS THERE ANY TREATMENT?

There is no specific treatment but most people recover very quickly after a few days rest. A few people do feel a bit tired and run down for up to a month or two. The person should rest and take prescribed paracetamol while there is a fever.

SHOULD THE PERSON AVOID ANY SPECIFIC ACTIVITIES WHILE THEY HAVE GLANDULAR FEVER?

Not really. People who are feeling unwell or tired should avoid strenuous activity, e.g. sports.

HOW SOON CAN THE PERSON RETURN TO WORK/THE CARE SETTING?

As soon as they feel well. Many people will not need to take time off.

