

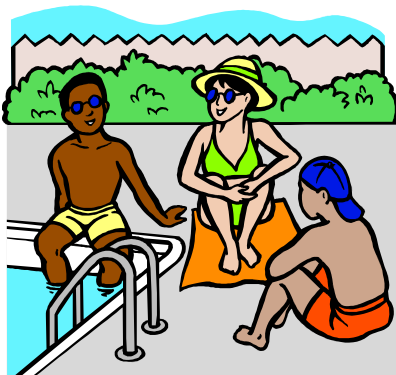
## What about staying away from work, school or preschool?

People who have had the illness can return to work, school or preschool as soon as they feel well enough to attend.

## Do you require further information?

For further information contact:

- Your local doctor or practice nurse
- Your local Public Health Nurse
- Communicable Diseases at Community and Public Health



## Other resources available on infectious illnesses:

- Norovirus
- Campylobacter
- Salmonella
- Ringworm
- Whooping cough
- Conjunctivitis
- Viral Meningitis

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**Communicable Diseases  
Community and Public Health**  
(a division of the Canterbury District Health Board)  
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# Glandular Fever

(Infectious Mononucleosis)



**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

# What is Glandular Fever?

Glandular Fever, also known as Infectious Mononucleosis, is a viral disease that affects certain types of white blood cells (mononuclear cells). It is caused by the Epstein-Barr virus (EBV), which is a type of herpes virus. Most cases occur sporadically and outbreaks are rare.

## What are the symptoms?

Symptoms can include:

- Fever
- Sore throats
- Swollen glands
- Fatigue
- Loss of appetite
- Jaundice

Symptoms appear 4-6 weeks after exposure to the virus.

Recovery usually occurs within several weeks, although some people can take months to fully recover.

Sometimes the liver and spleen are affected and the disease is almost never fatal.

## How is it caught?

The virus is spread by person-to-person contact via saliva (on hands or toys, or by kissing). It is also found in the nasal secretions of children and adults who have the virus.

The virus is released from the throat during the illness, and for a year or more after infection in up to 20% of persons. An infected person is able to spread glandular fever during this time.

## How is it treated?

No treatment other than rest is needed in most cases. Antibiotics are not effective against viruses. Paracetamol may be helpful in the early stages to relieve symptoms.

## Who gets it?

While most people are exposed to the Epstein-Barr virus at some point in their lives, very few go on to develop the symptoms of glandular fever.

When infection occurs during adolescence or young adulthood, it causes glandular fever around 35-50% of the time.

## How is spread prevented?

Avoid activities involving contact with body fluids, such as saliva, from someone who is currently or has recently been infected with the virus.

Methods of saliva spread can include:

- Sharing any of the following
  - eating utensils
  - drink bottles
  - lip balm
  - cigarettes etc.
- Kissing

Frequent and thorough handwashing will also help prevent spread of the virus.

Currently, there is no vaccine available to prevent glandular fever.

